

The 49 Best Foods For Men Right Now!

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2015
NUTRITION
ISSUE

Men's Health

SUPER MAN BODY PLAN

Follow Henry Cavill's Flight Path From Zero To Superhero

MUSCLE

FEAST LIKE A KING, LOOK LIKE A GOD

CARDIO

2015'S HOTTEST FITNESS TRENDS TRIED & TESTED!

BUILD XXXL
ADD 5CM TO YOUR BICEPS

BLAG A 2-WEEK
6-PACK
20 MINS A DAY = ABS FOR LIFE

68
WAYS TO CUT KGS IN
TIME FOR THE BEACH

ENDURANCE

EAT FOR IRONMAN STAMINA

HENRY CAVILL, 32, ACTOR,
ATHLETE AND EVERYDAY MAN OF STEEL

ARMS
IN JUST 21 DAYS!

SWAP FAT
FOR LEAN
MUSCLE!

FLIP FOR NEXT SEASON'S GUIDE TO SHARPER STYLE





#DontCrackUnderPressure





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L O N D O N





NUTRITION

P26 THE GRAIN EVENT

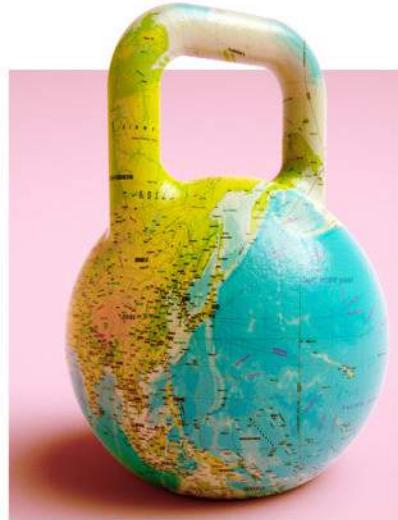
Give yourself a shot in the arm with our healthy connoisseur's guide to whisky

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Five iced drinks for sporting glory. Leave those frappés to the yummy mummies

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From burgers to borojo, these are the foods to eat right now

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THE EXPERT PANEL

EAT WELL AND PROSPER THIS MONTH WITH TASTING NOTES FROM BIG CHEESES AT THE TABLE OF FOOD AND FITNESS



FUEL YOUR WAY

FAYA NILSSON

The PT, nutritionist and award-winning blogger shares her easy recipe for a six-pack-compatible burger alternative p38



HANDLE THE HEAT

PROFESSOR PAUL ROZIN

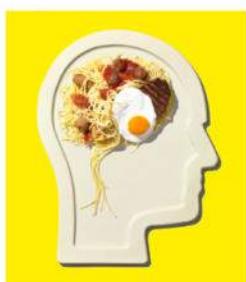
Enjoying a fiery affair with hot sauce? Prof Rozin, an expert on the psychology of spice, explains how to find pleasure in pain p114



DRINK SMARTER

DR STEPHANIE SCOTT

Pour over the facts filling your pint glass with tips from Dr Scott, a nutrition researcher based at Newcastle University p75



WORK OUT YOUR GUT

RANDY SANTEL

One of the planet's most prestigious competitive eaters tells you how to train your gut like you train your guns. Pass the sauce p84



CHECK INTO D-HAB

DR MARC GILLINOV

Scoring your sunshine in a bottle isn't as bright as you think. Heart surgeon Gillinov shares the shady truth about vitamin D p29



VEG OUT, BULK UP

LEON GABBIDON

Bodybuilder Gabbidon has serious size. He's also a strict vegan. Wonder how he does it? We have his no-meat muscle plan p108

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26 WORLD-RENNED CHEFS

11 NUTRITIONISTS

9 STYLE SPECIALISTS

8 PERSONAL TRAINERS

6 HEALTH RESEARCHERS

6 FOOD WRITERS

5 ALCOHOL CONNOISSEURS

5 DOCTORS

4 FOOD ENTREPRENEURS

3 PRO ATHLETES

3 COMPETITIVE EATERS

2 BODYBUILDERS

2 BUTCHERS

1 BIOMECHANIC

TOTAL
91
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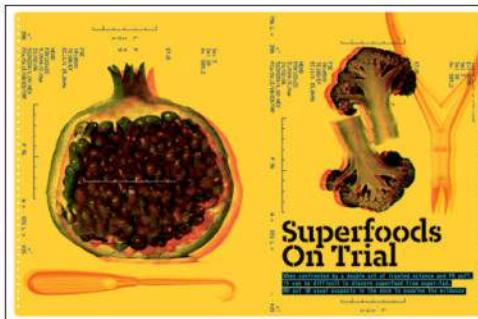
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EDITOR'S LETTER

HAVE YOUR FILL, THEN COME BACK FOR SECONDS

PAGE 26

Whisky is this summer's top tipple. Use our manual to mix, sip and pair your way to a grand-dram victory



PAGE 98

Michelin chefs, dietitians and Olympians share the foods they couldn't live without. Add them to your shopping basket

49 Best Things To Eat IN THE WORLD RIGHT NOW!



PAGE 114

We all hold a flame for chilli. MH's connoisseurial guide will numb the pain and intensify the pleasure from health's hottest ingredient

MEAT FREE MUSCLE



PAGE 108

Steak and size needn't be synonymous. One vegan bodybuilder talks us through his ethical eating plan for unfair muscle gains

PAGE 84

Competitive eating is a high-stakes affair. Bring your appetite A-game...



Any machine is only as good as the fuel you put into it. Fill up on two-stroke and your Mercedes AMG GT won't get far. Likewise, a life spent on a crosstrainer will count for naught if your menu consists entirely of 24-hour garage fodder. But a modicum of balance is required, too. After all, no-one in the Men's Health office wants to subsist on green tea and turkey breasts without so much as a chip to break the monotony. And it's on this temperate basis that we hope our 2015 Nutrition Issue will be to your taste.

As a rule, we're about food not fads, so this month we've put the current crop of superfoods in the dock to test the veracity of their claims. Chia seeds, blueberries and wheatgrass all get a grilling – increase your nutritional smarts on p90. For health, muscle and sheer indulgence, you need the 49 Best Things to Eat In The World Right Now. Our expert panel covers the full gamut from

Romano peppers to (yes) Pickled Onion Monster Munch. Fill up your shopping basket on p98. Meanwhile, if your own staples lean more toward the green and leafy than pink and fleshy, you might be interested in the story of Leon Gabbidon. As a competitive bodybuilder and strict vegan, he knows more than most how to keep the motor firing on all cylinders. Find out how he adds mass from the lightest of fare on p108.

And finally, regular readers will know something of our obsession with chillies. If you want to burn fat, boost immunity and batter blandness (to name just a few benefits) then we have just the dish for you. All you need to know but were in too much pain to ask is on p114 – from how to grow them to dousing the flames when it all gets too much. As banquets go, it's quite the spread. Chow down and eat up.

TOBY WISEMAN
BSME EDITOR OF THE YEAR

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ASK MH

WE DISH UP THE FACTS WITHOUT THE SUGAR-COATING

THE BIG
QUESTION



Q

I'VE READ THAT EXERCISING IS THE WRONG WAY TO LOSE WEIGHT. WHAT'S THE DEAL?

FRASER, ROTHERHAM

If you read that in the tabloids, remember these are the same publications responsible for claiming that Freddie Starr is partial to cuddly rodents. So we'd employ caution.

It's true that the *British Journal of Sports Medicine* recently argued obesity isn't the result of too little exercise, so much as a surfeit of bad food. But the debate is more nuanced than that. Even if you're the sort who tries to outrun a dirty diet, it's undeniably easier to cut 1000 calories of junk than to burn 1000. What's more, a *Journal of Sports Medicine & Physical Fitness* study found **we often overestimate the amount we torch in the gym, then feast on double the calories we've sweated out**.

But don't consider this news a sick note: "While exercise alone isn't an effective tool for weightloss, combining it with proper nutrition increases the weight you shed – and is proven to keep it off," says PT Scott Baptie. "The same can't be said of diets."

THE BIG FAT LIE DETECTOR

Don't fall for bull when trying to tip the scales. Watch out for these common fitness fibs

LIE #1 ALL CARBS MAKE YOU FAT

A blanket veto achieves nothing. Focus on fibrous, nutritious carbs such as nuts and sweet potatoes. They will boost energy and stop you losing muscle.

LIE #2 FASTED CARDIO IS BEST

Old school lore claims running on empty burns more calories; new studies^{*} show it makes no real difference. Train whenever suits your schedule.

LIE #3 RUSH TO THE SHAKER

There's no need to pick up a shake the second you drop the weights. Studies in *JISSN* suggest that the ideal window for post-gym protein lasts three hours.

ASK MH

KNOW WHICH TREATMENTS ARE WORTH SHELLING OUT FOR

**AMI
NORMAL?**



Q DESPITE EATING WELL AND TRAINING, I STILL HAVE A GUT. WHAT GIVES?

ROB, SOUTH SHIELDS

A summer six-pack isn't made with planks and protein alone. Flexibility is crucial, and men are notoriously unwilling to bend. Tight hip flexors

alter the way you recruit your glutes, which can cause 'anterior pelvic tilt' – or in laymen's terms, a pot belly. It's usually the result of too much sitting. Opening up your hip flexors will restore your pelvic positioning. Start with a foam roller: "Roll your quads before and after every gym session and perform more glutes exercises such as squats," says strength coach Peter Parasiliti. If you think you're failing your potential, flex.

STRETCH OUT ON THE COUCH

Kelly Starrett, author of the natural movement bible *Becoming a Supple Leopard*, talks you through a single stretch that can change your whole posture



STEP 1

Kneel in front of your sofa, facing away from it (and in front of the TV, if you fancy). Rest one leg against the sofa.



STEP 2

Shift your knee back and lift your shin so your foot is at the top of the sofa arm. Push back until your shin is flat.



STEP 3

Sit back to get your glutes as close to your heel as possible; push your hip forward to finish the stretch.



I'M TOLD COCONUT OIL CAN BE USED AS A MOUTHWASH ALTERNATIVE. IS IT HOGWASH?

DAVID, RHYLL

It may sound as loco as the aforementioned fruit, but there's method to this madness. Conventional mouthwashes aren't as toothsome as you think – a Swedish study found antiseptic mouthwashes can raise blood pressure.

"There's also the suggestion that alcohol-based mouthwashes could be a precursor to [mouth cancer]," says

Dr Mark Hughes of the Harley Street Dental Studio. But what of coconuts? While it's easy to be cynical about the hipster's superfood of choice, the *Indian Journal of Dental Research* claims that 'oil pulling' – a practice with roots in Ayurvedic medicine – is based on science. The oil absorbs



DOES IT WORK?

HIPSTER CURES
AREN'T ALL THEY'RE
CRACKED UP TO BE

plaque microbes in your mouth, which you spit out when it turns milky. The trouble is, this is invariably a 20-minute job. Our conclusion: better than a kick in the teeth, but not worth the effort.



MY DOCTOR SAYS HALF OF ALL MEN GET CANCER AT SOME POINT. HOW DO I INCREASE MY CHANCES OF DEFEATING IT?

DAN, MALDON

Nothing beats a good bedside manner, eh? The good news is five-year survival rates are double what they were 40 years ago: 46% of men who contract the Big C now survive. If you are diagnosed, there are ways to improve your odds. Sleep and exercise isn't a radical prescription but it will curb unstable molecules which increase cancer severity. Maintaining muscle mass with low-intensity exercise such as yoga also helps. Diet-wise, call in reinforcements via pickled foods such as sauerkraut. The *Journal of Agricultural and Food Chemistry* found fermented cabbage is rich in isothiocyanates, which inhibit tumour growth. The writing may be on the wall, but you don't have to read it.

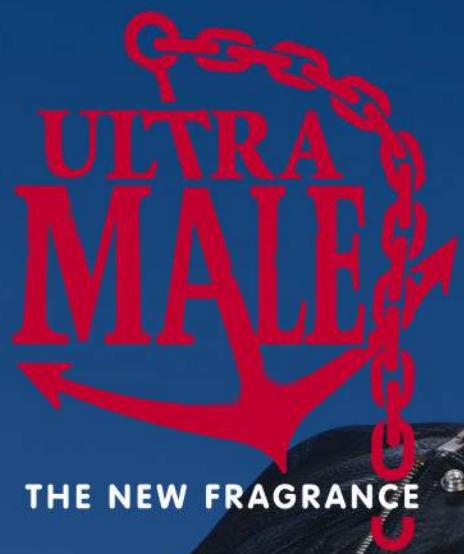


IS PRICIER ORGANIC WINE ANY BETTER FOR MY HEALTH THAN THE USUAL PLONK?

JAMIE, WALTHAMSTOW

We never tire of extolling the virtues of red wine, but we're no snobs at MH. The fact is choosing a bottle with an ethical label does more for your conscience than your body. Organic wine isn't always gentler on your head. A French (quelle surprise) study published in *Que Choisir* magazine discovered pesticides in each of the 92 wines they tested, including organic varieties. Meanwhile, certified tipplers can still contain sulphur dioxide, which contributes to tomorrow's bastard behind your eyes. In short, only your tastebuds will benefit from the best bottle you can afford, organic or otherwise. But your health is better served by splitting that bottle between two. 

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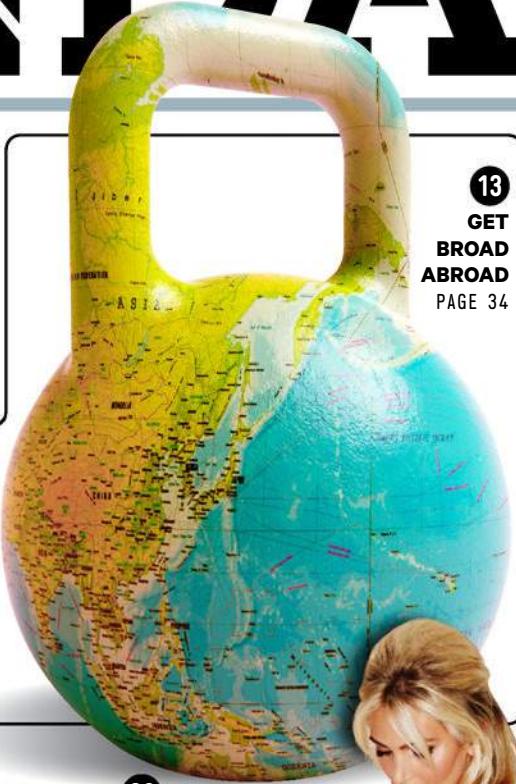


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A

01
GET RED IN THE FACE

02
OUTSIDE INTERESTS

03
FAIRWEATHER FRIENDS

THE TRUE SAUCE OF SKIN HEALTH

You're just a takeout menu away from beating sunburn and lowering your risk of skin cancer this summer

The August bank holiday means one or all of three things: burnt sausages, burnt skin and sore heads. There's little we can do about the last, but the first two could be remedied by forgoing barbecue and calling out for pizza.

According to Manchester University, the tomato paste on pizza limits sun damage. While we're not suggesting you bin the factor 50, tomato is a potent source of antioxidants, which reduce the effect UV has on your skin's mitochondrial DNA, taking a slice out of your cancer risk. The study found people who follow a diet that's rich in these antioxidants have 33% more protection against sun.

If you're weighing up the SPF benefits against potential waistline sabotage, fret not: red peppers, watermelon and grapefruit are packed with the same antioxidants. Personally, we like the greasy wheel option because, erm, cheat day or something. Finish your pizza with the skin-salving toppings below. Supersize the benefits.



TOPPING UP YOUR SPF

The University of Maryland Medical Centre found three more ingredients that protect you from sun damage. Throw these on your margherita for a truly impressive meal deal.

THE TOPPING	BROCCOLI	TURMERIC CHICKEN	ONION
THE REWARD	PROTECTS SKIN	BEATS REDNESS	CLEAR'S BLOTCHES

SUMMER NEWSFEED 09.2015

AROUSE WARM FEELINGS

A recent report* reveals the summer hobbies and vocations that ignite women's interest



ETAPE DAT ASS

Take advantage of the good weather by cycling to the beach/her place. Bike pursuits and road trips ranked highest in a survey of summer turn-ons.



STRIKE A CHORD

There's a reason musicians always get the girl: outdoor strumming evokes emotional images tied to fantasy. Be sure to learn more than *Wonderwall* because, y'know, science.



TOP DRAWER

While there's no need to cut off your ear, artistic skill is synonymous with sex appeal. Set up a canvas in your back garden, then finding a life-drawing model should be a cinch.



GARDEN NO

Gardening is a solid summer turn-off (not so much the case in spring or autumn). No matter how many roses you give her, green fingers get a thumbs down.



SAD MEN

Don Draper might look good in linen, but when it comes to the summer months, the ad men don't sell. For some unknown reason, men in advertising were the biggest turn-off.



Social Influence Journal

*JOURNAL OF CREATIVE BEHAVIOR | WORDS: TED LANE | PHOTOGRAPHY: ANDY PARSONS AT HEARTSTUDIOS



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SACRIFICE YOUR LOVE HANDLES

Befitting a culture that was all about warriors, the **AZTEC PRESS-UP** will get the blood flowing, flay the flab and give you the power to conquer any rival

Go tribal for a battle-ready body. The Aztec press-up mixes the explosiveness of its plyometric cousin, the clap press-up, with gymnastic flexibility in the form of an airborne jack-knife. Requiring courage and commitment in equal measure, it'll hit your mirror muscles – adding size and strength to your chest, shoulders and triceps – but with the bonus of rapid fat loss. The beauty, and indeed torture, of this move is its relentlessness: you can't take your foot off the gas. You need to conjure enough force to leave the ground while having the control to cushion your landing ready for the next lung-busting rep. It's a high-risk test of endurance – pull out and you risk a face plant. And the spoils? An unbeatable combo of upper-body speed and power worthy of Courtney Lawes on a good day. But this battle can't be won by force of arms alone. The toe touch adds an ab-searing edge, the gravity-defying leg raise hitting both your core and calorie count while strengthening your hip flexors. It's time to offer yourself up to the gods of indestructible bodies.

THE BEST EXERCISE YOU'RE NOT DOING



01 SET UP

Drop into a classic press-up position on a well-padded surface (this move won't spare your wrists), with your body straight from head to heels.

02 PUSH UP

PUSH UP
Bend your elbows and lower your chest to the ground before pushing off the floor explosively. Minimise the time between the two movements for maximum energy.



WHAT YOU'LL GAIN



GRADE-A CHEST AND SHOULDERS



FAT-SEARING METABOLISM



GAME-CHANGING FLEXIBILITY

03 FOLD IN

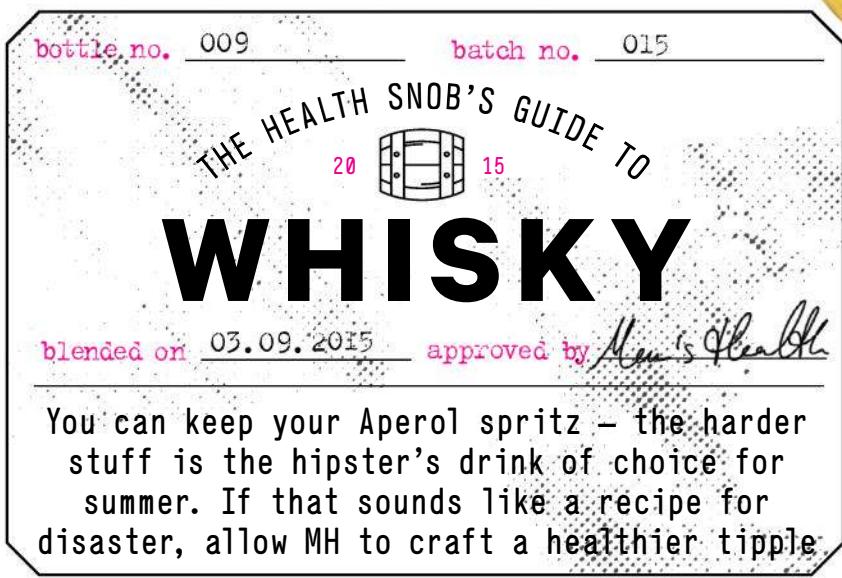
FOLD IN
While you're off the ground, kick your straightened legs toward your hands and draw your arms down to touch your toes. Remember: padded surface.



04 FALL IN

FALL IN
Flatten your palms and kick your legs back ready to land. Ideally, you'll then sink immediately into the next rep, but we'll let you off if you can't at first.

A SIX-PACK WORTHY OF YOUR SACRIFICE



01 The Grain Event

Superior sipping doesn't come from the discount aisle. Whisky's grain, distillation and maturing process define not only its character – from smoky Islay scotches to the vanilla notes of US bourbon – but also its clarity and the amount of health-boosting ingredients. And remember: stocking the good stuff also means you're less likely to binge.



i. **WHYTE & MACKAY 13 Y/O**
Blends are mellower than single malts, so they're less punchy on your palate. Save it for your mate who "doesn't like whisky". A drop daily ups levels of good HDL cholesterol, according to Harvard University.



ii. **PORT CHARLOTTE**
The barley in Islay whiskies dries on peat fires for a smoky taste, says Whyte & Mackay master distiller Richard Paterson. They also boast more ellagic acid than red wine, to stoke your cancer defences.



iii. **BULLEIT BOURBON**
American whiskies are aged in virgin barrels so they take on the wood's vanillins (can you guess the flavour?) more quickly. That means a sweeter whiskey – the extra 'e' denotes its non-Scottish heritage.



iv. **DALMORE 12 Y/O**
"The longer you leave whisky in the wood, the softer the spirit," says Paterson. And the older your scotch, the higher its heart-protecting polyphenols, according to Rowett Research Institute. Bottoms up.

02 Rocks and Roll

Ignore the shot-glass approach of on-screen drinkers. "When tasting the whisky or drinking neat, you need to keep it in your mouth for 12-20 seconds," says Paterson. "Put it in the middle of your tongue, underneath, then back and in the middle. Hold it, then let it go down." Your first gulp primes your tastebuds: "The second is when the whisky shows you precisely what it's going to say."

Getting it talking demands the right glassware. A heavy-bottomed tumbler's good in a pinch, but best is a copita nosing glass (£10 fls-ltd.co.uk). Its stem keeps your hands away – "So the warmth isn't evaporating the whisky" – and the tulip shape channels your dram's aromas straight up your nostrils.

Those scents are why you're best off serving your scotch at room temperature. Mature drops can be served straight. Younger ones respond to a drop of water, says Paterson. Bourbon is better chilled, but Sagaform Whiskey Stones (£13 redcandy.co.uk) beat ice. Freeze, then drop in to avoid dilution as your drink goes down.



05

GRAND
DRAMS

06

UNLOCK
FLAVOUR

A

03 Whisky Business

Whisky's rep as a winter warmer belies its flexibility. It's also ace in cocktails, and added ingredients expand your drink's taste and its health benefits. Try this quartet using the Nambé Klapshaker (£68 [nordstrom.com](#)) to make a better impression on your guests – and body – than you will with sweaty stubbies.

i. LONG WEEK-ENDING WHISKY BREEZE

INGREDIENTS

- Whyte & Mackay 13-Year-Old, two shots
- Passion-fruit syrup, 2tsp
- Fresh apple juice, one shot
- Cranberry juice, one shot
- Orange wedge

METHOD

Give the fruits and scotch a hard shake together over crushed ice. Stress dulls your immune system, so cap a week of overtime with this glass of flu-fighting vitamins. Strain into a highball glass filled with crushed ice, garnish with an apple quarter and toast your slave-driving boss.

ii. ANTI-CANCER SMOKED GINGER

INGREDIENTS

- Bruichladdich Port Charlotte, two shots
- Fresh lemon juice, 20ml
- Ginger syrup, 35ml
- Soda water, to top

METHOD

Shake ingredients over cubed ice and pour into a chilled glass. "The whisky's strong smoky notes complement the spice of the ginger," says Big Easy bars manager Nathan Dixon-Jones. The root also battles carcinogens. Top with soda, garnish with a lemon slice and protect your innards as you drink.

iii. BLOOD-BOOSTING JOYAUX MINT JULEP

INGREDIENTS

- Bulleit bourbon, two shots
- Saison pale ale, 4tsp
- Apricot liqueur, 2tsp
- Sugar syrup, 1tbsp
- Fresh mint leaves, handful

METHOD

In moderation, alcohol can keep your blood flow healthy. "Churn all the ingredients in a julep tin, adding crushed ice as you go," says award-winning bartender Andrea Montague. The ale's hops add citrus notes and a shot of trusty polyphenols. Top with an ice cap, then garnish with mint and a lemon slice.

SOMETHING ON THE SIDE
Don't drink on an empty stomach. Unlock health and flavour benefits with these side dishes



BARBECUE RIBS

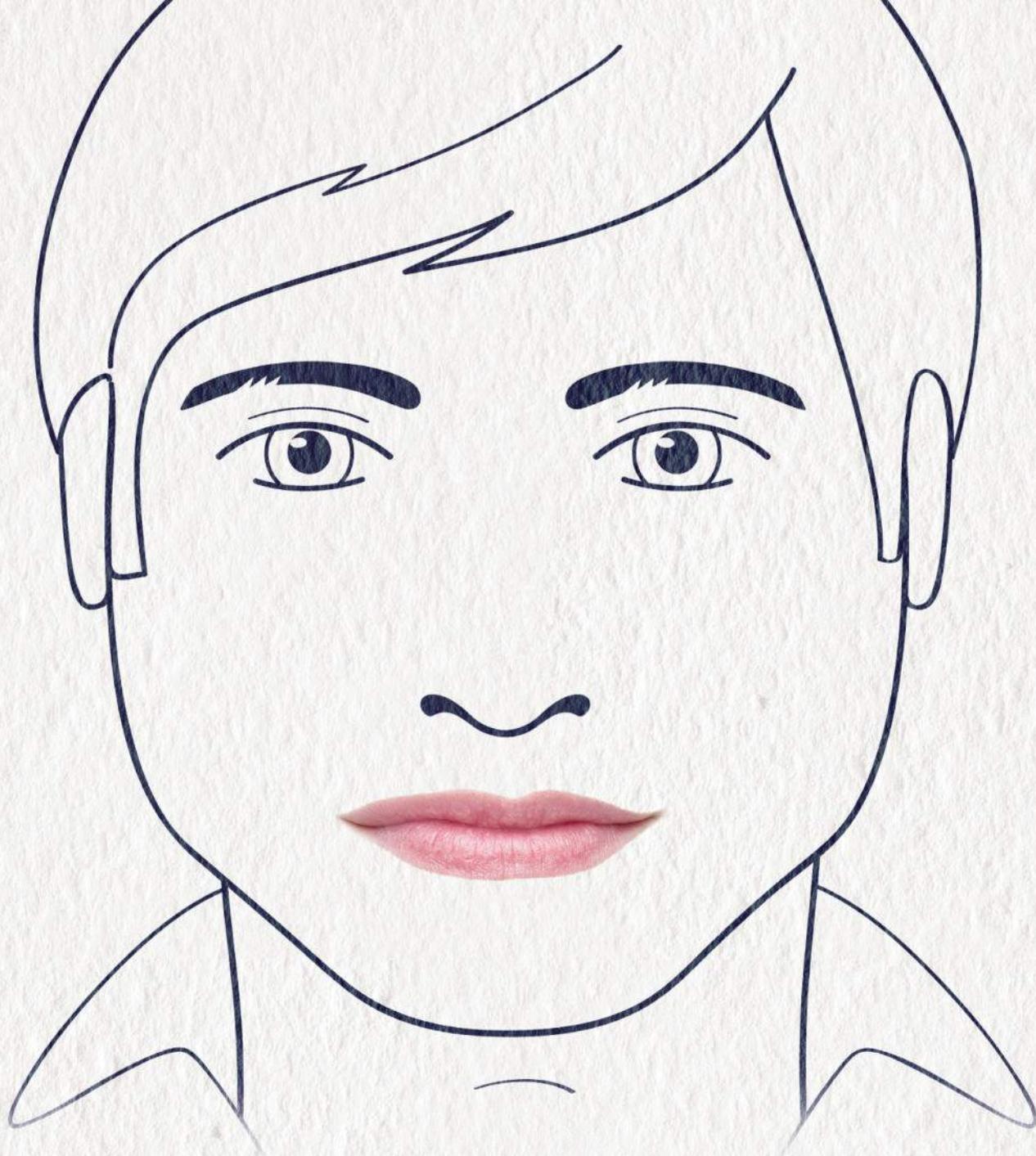
"Bourbon has a sweet, vanilla character that goes well with smoky barbecue flavours," says Montague. Bulleit's high rye content lends it a spiciness that matches the marinade in this protein payload.

SUSHI

Although Japan's whisky business is booming, scotches such as Bruichladdich – which absorbs sea salt as it ages – pair best with fish, according to *Whisky Magazine*. Sushi's amino acids will also take the sting out of your hangover.

COFFEE

Forget the espresso martini. Sip Rwandan coffee, then your scotch. Hold it, to let the heat unlock hidden notes in your dram, says Paterson. The coffee can also drop your liver cancer risk, according to the World Cancer Research Fund.



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YOUR VIT D HAS A SHADY SIDE

The weather's shifting on the latest cure-all vitamin. It's time to rethink your pillbox to save more than your skin

Few supps have been lavished with such continual praise as vitamin D. Trumpeted as a panacea to everything from a crumbling skeleton to the black dog on your back, GPs have encouraged us to pop D pills like, well, vitamin C pills before them. The future looked bright for the health-conscious. People flocked to health stores. Prices rose in kind.

The appeal is understandable on British shores. D is tricky to extract from food (unless you fancy eating 13 eggs a day). Of course, it's common knowledge that baring skin to sunshine turns your body into a vitamin D factory (you can hit your daily target in just 20 minutes **1**). Less common is sunshine in the UK, so we believe we are D-ficient and losing out, which is why we're going gaga for the pills.

So what's the problem? As is so often the case, the science is bad.

First, the vitamin D requirements. We have a base amount of the vitamin that our body needs to function. But there's a big difference between what we get from the flaming ball in the sky and what comes in a bottle. The former is guaranteed to be effective; the latter can wind up being nothing more than a placebo **2**.

As for D's link with your wellbeing, what we have here is a classic case of confusing cause and effect. Just because people with depression or heart disease have low levels of vitamin D, it doesn't follow that deficiency is at the root of their illness. Symptom is not synonymous with cause.

SATAN'S LITTLE HELPER
Dr Marc Gillinov is a heart surgeon at the Cleveland Clinic. What he says on supps, you can't D-ny.



SCIENCE IS DIMMING ITS VIEW ON YOUR FAVOURITE PANACEA

In fact, the most recent studies have countered almost every claim linked to vitamin D **3**. Whether you're popping the pills to cure your asthma, hoping they'll stave off depression or trying to cut your cancer risk, you're wasting money and potentially sacrificing your health in the process. Which leads us on to the most dangerous factor in our D fetish: overdosing.

Too much of a good thing inevitably leads to more issues than the disorders you're trying to outflank. For a start, vitamin D is fat-soluble and builds up in your body. So knocking back a tablet with 5000% of your RDA every single day doesn't represent 'good value' so much

"Real sunshine is guaranteed to be effective while the vit D in bottles can wind up being nothing more than a placebo"

as a timebomb ticking down to serious health problems – think vomiting and kidney stones – a few months down the line **4**.

Worse are the implications of the most recent piece of vit D-puncturing research from East Anglia Uni. Far from being the heart-helper previous studies had indicated, the relationship is more casual than causal. In fact, diminished D is most likely an indicator of other issues – like the 10 hours a day you spend in a chair – rather than a risk factor in itself. And even if swallowing tablets ups your levels in the short-term, it won't deal with those underlying issues. The bottom line is this: if you're going to supplement, do it smart, not in the dose range pushed by those counting the coffers at supplement companies. And don't sweat the lack of sunshine – get outside for a short walk, even if it's a touch cloudy, and you'll be topping up on grade-A vit D just fine.

> YOUR DEALS WITH THE DEVIL



1 SCREENGAB

The rays that raise your D levels also burn your skin. Yet King's College has found that wearing suncream doesn't stop vit D production. So no excuses.



2 OIL YOU NEED

If you do supp, ensure your purchase is based in a fat source, like olive oil. Or take it with a fatty meal to enhance the absorption of a smaller, safer dose*.



3 TAKE IT OUTSIDE

The Lancet encourages ditching your daily D supp habit, saying "if you are healthy and active [...] you don't need to take vitamin D supplements."



4 CHECK INTO D-HAB

It's almost impossible to OD on sun-powered vit D. Even if you spend a day in the sun eating mackerel omelettes, it won't produce dangerous levels.



FRESHNESS THAT OUTLASTS THE GAME

Stay fresh throughout
the day and stay up
to 100% flake free* with
Head & Shoulders
2-in-1 range.



*Visible flakes seen at 2 ft. with regular use.

>CROSSFIT'S FEMME FATALE

Don't be fooled by the name: Cindy is the toughest CrossFit session on the scene. And her eyes are on you this summer

The high-octane, motor-mouthed American fitness revolution is in full swing and CrossFit is coming for you. This summer, warehouses across the country will be blasting EDM and making you sweat like never before. Many should steer clear but, if you're in top shape, it's the fitness class par excellence. And you can't deny the numbers either. Kennesaw State Uni analysed one of the most popular CrossFit workouts, Cindy, to break down her exact effects. They found that doing total-body moves against the clock can burn 261 calories in just 20 minutes – as many as a typical 30-40-minute gym session, but Cindy brings added muscle benefits. Here's how you can harness her power.

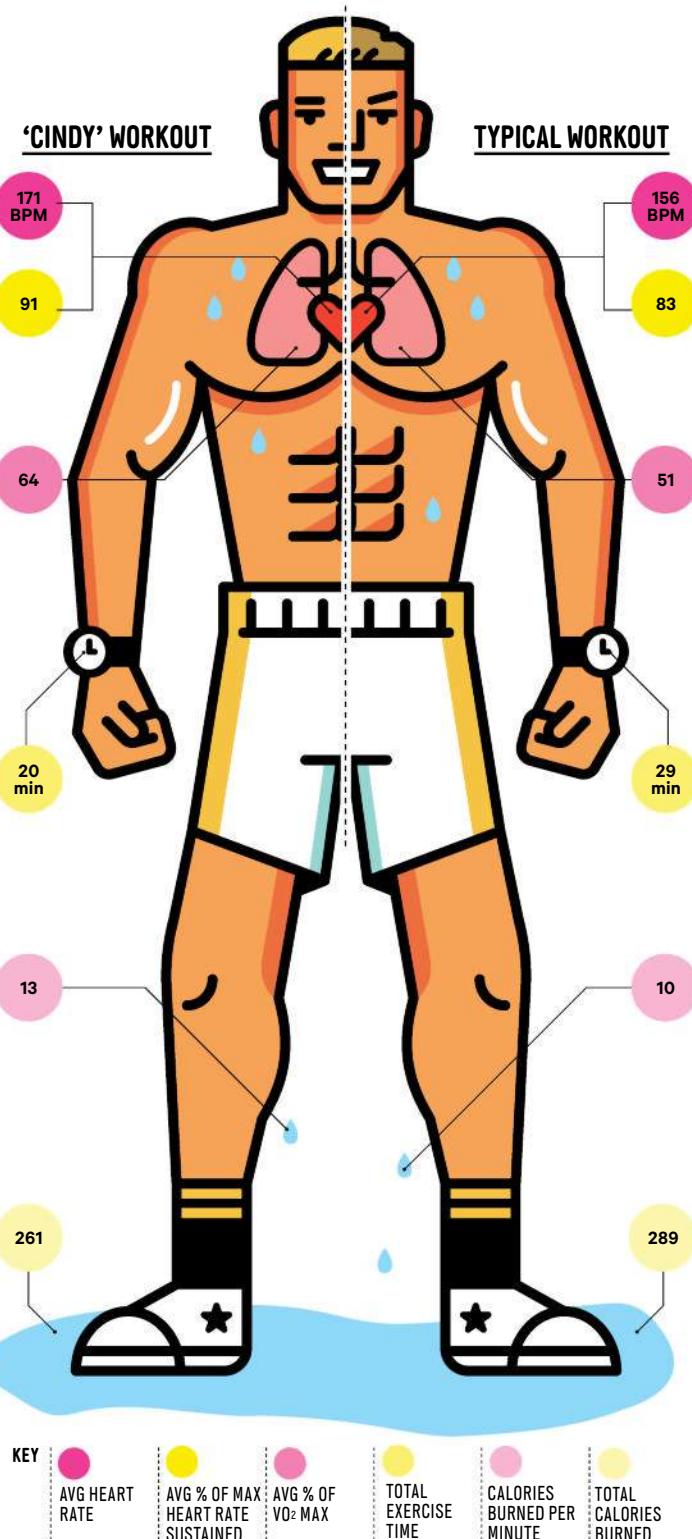
> MEET CINDY
You've scored a date with the toughest 20min of your life. Set a timer and do...

5x PULL-UPS

10x PRESS-UPS

15x SQUATS

That's one round. Repeat as many times as you can before the time runs out. Cindy's your girl guide to a ripped summer body.



MUSCLE NEWSFEED 09.2015

DRUGS TEST

BULK OR BUST

Invest in the right supp and you'll add inches in all the right places. Get it wrong and only your waistline will expand. Here's how they stack up:



MYPROTEIN HURRICANE EXTREME

Bulk	● ● ● ●
Belly	● ● ● ●
Value	● ● ● ●

£48 myprotein.com

Delivers a blend of proteins (whey concentrate, isolate, milk and casein) to aid muscle growth and recovery, with a dose of power-giving creatine.



KINETICA OAT GAIN

Bulk	● ● ● ●
Belly	● ● ● ●
Value	● ● ● ●

£55 kineticasports.com

Many a mass-building supp is crammed full of junk. Kinetica Oat Gain, however, delivers whey protein (46g) with finely blended oats and coconut oil.



MUTANT MASS

Bulk	● ● ● ●
Belly	● ● ● ●
Value	● ● ● ●

£40 mutantnutrition.co.uk

One serving is a whopping 1000 calories: unnecessary for most people. There are only eight servings per bag too. For bodybuilders only.



Eating protein helps you build bigger muscles

Sports Medicine

MAKE FITNESS A SHORE THING

It's nature's health club: running on sand burns more calories, while the sea is your built-in cool-down. This beach kit covers you for both – because working out shirtless is strictly a Statham thing

TREND
SWEATING
TRAIN AWAY

01

SOFT FOOTED

Maybe you're a barefoot-running sceptic, or perhaps your beach is not Blue Flag. These obstacle race-ready trail shoes have thick lugs to grip spongy ground and a durable ripstop upper that is like Teflon to mud or wet sand, plus a wetsuit-like liner and a tongue that prevents grit getting in. Bonus: they're easy to wash.

GEL-FUJI RENEGADE
£90 asics.co.uk

02

STAY FROSTY

Sleek-looking and endlessly reusable, stainless steel water bottles are better for the environment and your image. This flask will keep your water or cold-brew coffee chilled for 24 hours. You can also fit ice cubes in the neck – or a bottle of rosé in the largest size version. Ask yourself: what would Rick Ross do?

S'WELL £30 homearama.co.uk

03

RAW STRENGTH

Rash guards are typically worn by surfers, but they're increasingly being sported on dry land for MMA, NFL and anything else involving friction. Think of them as compression tops, but with fabric that's resistant to sand, sun and chlorine. This has an SPF of 50; your old band T has 5-10, tops.

BRANDT £145
orlebarbrown.co.uk



STYLE WITH SUBSTANCE
MH's associate style editor Jamie Millar shows you how to look cool – and stay cool – frolicking in the sand



04

BLACK WATCH

The frames of these sports sunglasses are coated in unobtanium, which sounds like something from Wolverine's x-ray results but is actually a synthetic, 'hydrophilic' material. Translation: it grips better the wetter (or sweatier) you get. Not quite adamantium, but harder than most.

Polarized Chainlink £170 uk.oakley.com

05

PACKED TRUNKS

Lululemon doesn't just make distractingly figure-hugging yoga pants for women. These shorts (for men, be assured) are designed for supersetting gym and swim, with a lightweight liner to keep your buoys anchored down, and just a dash of Lycra for shape. Remember to take your phone out of the zip pocket first.

Pace Breaker H2O £68 lululemon.co.uk

> DON'T SWEAT IT

Beach training has waves of benefits, but overheating undoes them all. Stay cool with the following stats

45
Per cent

Check the humidity online pre-run. If it hits 45%, drop your pace by 45-60sec per mile, says coach Gilbert Tuhabayne.

01
Out of five

High heat raises your heart rate. Pause for 1min every 5: periodic stops keep it regular, says Revolutions tri coach Jeff Bowman.

50
Per cent

In hot weather, half your blood goes to the skin, slowing your metabolism. A towel by Enduracool® keeps your outer layer cool.

FIVE-STAR FITNESS

As health tourism steals a march on the hedonism industry, relaxing like an off-season athlete is now a reality. Make gains while the sun shines at these high-end hotels



1/ BE ALIVE IN THE HILLS

LOCATION Bio-Hotel Stanglwirt, Austria*

BODY CHECK IN Frequented by the Klitschko brothers and a certain Mr Schwarzenegger, this family-run farm boasts an elite gym and world-famous spa. Milk comes from resident cows and water from a nearby spring. Off-season is cheaper.

TIP ADVISOR Increase your speed by 16% by jogging one of the high-altitude trails.



2/ MOROCCAN OIL YOUR JOINTS

LOCATION La Mamounia, Marrakech

BODY CHECK IN More 'brogi' than gym bro? We (downward) doggedly recommend this luxury hotel. Its private rooms allow for intimate yoga classes while the glass-walled gym showcases views to take your mind off deeper stretches.

TIP ADVISOR Exercising with a scenic view improves your mood and curbs hunger.



3/ MUAY THAI, YOUR ROUND

LOCATION The Siam Hotel, Bangkok

BODY CHECK IN Take a break from sipping mai tais to learn the cocktail's near-namesake martial art. You'll hit flab where it hurts at this muay thai gym, complete with rooftop yoga and traditional kit. This is luxury, but no less real for it.

TIP ADVISOR A 30min class burns up to 300kcal. Which is roughly equal to the cocktail.



WORLD OF GAIN:
SEND YOUR OLD
BODY PACKING



5/ A CAPITAL INCREASE

LOCATION Hotel Café Royal, London

BODY CHECK IN To extend Samuel Johnson's quip, if you're tired of this gym you're tired of all gyms. Used by A-listers, the Akasha Centre has super-luxe Technogym gear, healthy food and a pool straight out of a Bond movie.

TIP ADVISOR Book in for a session with James Hardy, one of the UK's best PTs.



4/ BUILD LA MUSCLE

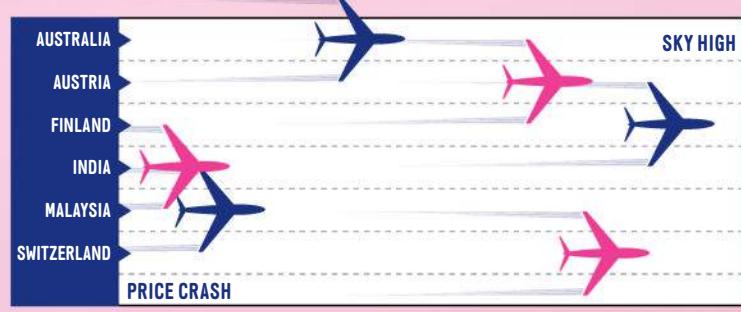
LOCATION Terranea, California

BODY CHECK IN Cali fitness culture being what it is, it's no surprise this LA hotel sports a world-class gym. There's an epic set of high-spec cardio machines, plus a bootcamp. Oh, and the drinks menu is not to be sniffed at either...

TIP ADVISOR Test out the 'Flexi-bars' for an unusual but unrelenting core session.

FLY ECONOMY

The world's wallet-friendly destinations, and those to swerve this summer*



**LOOK
SHARP
NOT TIRED**

Ryan Reynolds



**HYDRA
ENERGETIC**
**24H ANTI-FATIGUE
MOISTURISER**

FIGHTS THE APPEARANCE OF FATIGUE

DULLNESS, DRYNESS,
TIGHTNESS, ROUGHNESS,
LOSS OF FIRMNESS.

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Food supplements should not be used instead of a varied balanced diet and a healthy lifestyle.

**1/ COOLER RUNNINGS**

A pre-cardio iced drink can increase endurance by 19%, while a caffeine hit reduces perceived effort, allowing you to push harder. Which is why our cool 'ab-uccino' easily pays off its own calorie debt. Blend a mug of cold coffee with sugar-free nut milk and ice. Flavour with the seeds of a vanilla pod and 1tsp pumpkin spice, which buffers soreness. Now get set to make your fastest coffee run yet.*

COOLER THAN Swerves the 37g of sugar in Caffè Nero's Frappe Latte.

**2/ COLD HARD MUSCLE GAINS**

This milkshake brings all the girls to the yard by adding inches to your arms, not your waist. Mix a scoop of vanilla whey with 1tbsp each of Greek yoghurt, carob powder and peanut butter, plus ice. It provides the 30g of protein you need for size with minimal sugar. Style it out with a retro soda glass.

COOLER THAN Triple the protein of a McDonald's Chocolate Shake.

**3/ ICE YOUR EXCUSES**

Cross 'hayfever' and 'hangover' off your list of 5K get-out clauses with this mix. Blitz ginger, local honey, 1tsp bee pollen, ice and a blood orange – it's higher in vit C than its pale cousin. Pollen immunises you against itchy eyes and ginger clears toxins.

COOLER THAN Has 40% more vit C than Innocent's Defence Smoothie.

**4/ FREEZE OUT EXCESS FAT**

Unprepared for shirtless season? Blitz a frozen peach with a mug each of chai tea, milk and ice plus 1tbsp coconut manna for testosterone-producing fats. Add a pinch of flab-frying cayenne to add fire to your ice, GoT fans.

COOLER THAN Provides 5g more fibre than Costa's Peach Iced Lemonade.

**5/ DIY CRYO THERAPY**

Pour cold water on DOMS by blending ice with a cup of sugar-free coconut milk, a CherryActive shot, 2 dates and 1tsp turmeric. Tart cherries fight aches while curcumin, an active compound in turmeric, helps damaged muscle fibres repair faster. If you like piña coladas, but not getting caught by pain, make this your go-to.

COOLER THAN Cuts 30% of the kcal in a Starbucks Coconut Frappuccino.



INNOCENT SMOOTHIES:
DOPE NATURALLY TO
BE A COLD MEDALLIST

FREEZE YOUR LIQUID ASSETS

Iced drinks have solid sporting benefits. Leave frappés to yummy mummies and enhance your performance with our pro blends

A HEALTHY DOSE OF STOCKHOLM SYNDROME

Swedish expat Faya Nilsson is a PT and nutritionist who takes no prisoners. She'll make you fall in love with healthy food and the pain of intense training

Much of Sweden is coastal, so my diet was dominated by fish as a child. The fruit, veg and meat were always organic, too (a consequence of being raised on a farm, I guess).

That instilled in me a desire to be sustainably healthy all year round. Now, I'm a Level 4 PT who's buried in science journals every day trying to remain on the fringes of training research. And here's what I've got for you: radical intensity changes make for the fastest improvements in your heart and lungpower.

So give yourself over to chaos training by throwing your plan out the window; applying HIIT principles to multiple disciplines helps you develop functional fitness for real-world situations, too. That level of training demands serious fuel, so I've whipped up these high-protein, high-calorie meals to replenish your body. And they don't taste like 'clean eating' meals, by the way; to deny yourself the dopamine rush from good food is, to my mind, as unhealthy as eating rubbish. Let me know what you think.

THE FITTEST WOMEN ON Instagram



USERNAME
FitnessOnToast

OCCUPATION
PT & blogger

FOLLOWERS
57,800

SPECIALITY
Nutrition

NILSSON KNOWS HOW TO STRETCH YOU PAST BREAKING POINT



**FUEL THE
CHAOS**

Nilsson's recipes combine her Swedish heritage with nutritional science. Not a questionable meatball in sight



**01 LEAN SKIRT
STEAK WRAP**

Along with protein, my burger alternative packs phosphorus for strong bones and some energy-giving minerals and B vits. Simply grill the steak and serve in pitta with a sauce made from onion, garlic, chilli, tomato and kidney beans.



**02 TUNA STEAK
WITH QUINOA**

Tuna brings protein, iron, zinc and a host of vitamins to your plate. Coupled with red quinoa, it's a stellar protein source. Grill the tuna briefly (rare is better). Cook the quinoa for 15min and serve with a side of spinach.



**03 MULTI-VIT
MAXI MUESLI**

When I combined the ultimate science-backed superfoods into one bowl I ended up with this muesli. Simply mix oats, chia, sunflower and pumpkin seeds, almond flakes, pine nuts, milled flaxseed, dried apricot, dried blueberries and hemp.



**04 AVOCADO
MOUSSE**

This dessert fires the reward centres in your brain without adding to your waistline. Melt four squares of dark chocolate and blitz it with two avocados, 1tbsp manuka honey, 200ml almond milk, some vanilla extract and a pinch of salt. Garnish with berries and nuts for even more healthy fats.

80%

THE AMOUNT OF YOUR RDA
OF PROTEIN IN NILSSON'S
TUNA AND QUINOA RECOVERY
MEAL, TOTALLING 46G.
TUCK IN

BE RENEGADE

THE ALL-NEW JEEP RENEGADE.

Jeep with



Life's a journey. So why follow anyone else's path?

The All-New Jeep Renegade with its unmistakable styling and road presence is an SUV unlike any other. In addition to its wide choice of fuel-efficient engines, you also get the kind of safety features that come from over 70 years of adventures. Not forgetting a host of cutting-edge technologies such as the 7" TFT driver display and class-leading 9-speed automatic transmission available on selected versions.[^]

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So wherever you're going, go your own way.

jeep.co.uk



Jeep

Model shown Jeep Renegade 1.4 MultiAir II 140 hp Limited FWD Manual with optional two-tone alloy wheels and optional bi-colour paint at £23,545 OTR. [^]The 9-Speed automatic transmission is standard on selected Limited & Trailhawk versions and the 7" TFT is standard on all Limited, Opening Edition & Trailhawk versions. OFFICIAL FUEL CONSUMPTION FIGURES FOR JEEP RENEGADE RANGE MPG (L/100KM): EXTRA URBAN 47.9 (5.9) – 70.6 (4.0), URBAN 32.5 (8.7) – 51.4 (5.5), COMBINED 40.9 (6.9) – 61.4 (4.6). CO₂ EMISSIONS: 160 – 120 G/KM. Fuel consumption and CO₂ figures are obtained for comparative purposes in accordance with EC directives/regulations and may not be representative of real-life driving conditions. Factors such as driving style, weather and road conditions may also have a significant effect on fuel consumption. *Promotion available on The All-New Jeep Renegade models registered by 30th September 2015. 0% APR Representative Hire Purchase available for a 3-year term with a minimum deposit of 13%. Finance subject to status. Guarantees may be required. Terms and Conditions apply. Jeep Financial Services, PO Box 4465, Slough, SL1 0RW. Jeep® is a registered trademark of FCA US LLC.

TIME

MAXIMISING YOUR GREATEST LUXURY



270
SECONDS TO BEAT THE
PAIN & FAST-FORWARD
YOUR RECOVERY TIME

HEADPHONES: TED BAKER ROCK ALL OVER-EAR HEADPHONES

Every pavement pounder knows that headphones are as important as your warm-up when it comes to dulling the pain of endurance exercise. But now the scientific spotlight is shifting from what happens during a run to your experience after it. In a finding that moves to a totally different beat, Brazilian sports scientists have likened the right post-run playlist to a potent painkiller, leading to a speedier and more complete recovery. Their study in the *Journal of Strength and Conditioning Research* found that listening to songs at a mid-tempo 110bpm increases the rate at which your body flushes burn-inducing lactates. Kicking back with the right tunes relaxes your muscles and alters your perception of how tired you really are. The researchers propose listening to Enya's *Orinoco Flow* (note: we didn't suggest they had taste), but in the interest of maintaining your street cred, Drake's *Worst Behavior* is four minutes and 30 seconds of prime R&R bpm. So reshuffle your iTunes playlist away from street-thrashing speed metal to fast-forward your recovery.

THE R&R EQUATION

Add these recovery boosters to your chill-out soundtrack to enhance the effects



COYO
YOGHURT



FRESH
THREADS



DRAKE'S
TUNES

= UNBEATABLE RECOVERY

Coconut yoghurt has more pain-abating potassium than a banana, while changing into warm, dry clothes slows down muscle cooling, ensuring you get the full effect of your body's healing metabolic activity.

1.5

HOURS TO HIKE UP MUSCLE GROWTH WITH A CHEESY HIT

The efficacy of many pre-workout supps is still hotly debated, so while over-enthusiastic gym bros play fast and loose with their caffeine RDA, allow us to suggest a wiser approach. Protein-rich Italian staple ricotta is the godfather of cheese – and your new dietary weapon. It packs a hefty amount of glutamine, an amino acid that supercharges protein synthesis. Devoured 90 minutes before a workout, it also boosts your human growth hormone (HGH), increasing muscular strength and size, according to the *American Journal of Clinical Nutrition*. And, as an added bonus (just in case you're still tempted by X-tremeCaffeine XL) the cheese supports cell repair post-workout, too. So hold the powder: your new gym supp is best administered with salad.



BREAK FROM THE FOLD
WITH THIS LESSER-KNOWN MUSCLE SUPP

COUNT DOWN TO CRUNCH TIME

These timely pointers will help you prep like a pro in the 90 minutes leading up to your workout

T-MINUS 90 MINUTES

SPOONFUL OF RICOTTA

Serve with rocket and tomato, adding a squeeze of lemon and a pinch of chilli and pepper



T-MINUS 30 MINUTES

CUP OF COFFEE

Just one, mind. Allow half an hour for the perk to permeate your system. That's caffeine covered



T-MINUS 20 MINUTES

FOAM-ROLLING

Doing this prior to exercise boosts your range of motion, reports *Strength & Conditioning Research*



60

**MINUTES TO CHILL
OUT AND WATCH
YOUR PB IMPROVE**

For years, health-conscious men have taken it as read that the optimal way to decompress après-office is either with a pint or a boasting in the gym (or sometimes both). But a new study has something to say about your work-to-gym ritual. Swinburne University scientists have found that to voyage straight from office to workout is to hit the gym without the wind in your sails. You're mentally taxed after work, says their research, which lowers your physical prowess while also reducing your ability to de-stress. But unwinding for an hour with mindless videos before grabbing your kit will undo this effect; the wind will pick up to the tune of 16% more speed on a bike and nearly two minutes cut from your 5K PB. During their research, the scientists had participants watch a documentary, but they believe that any passive, non-mentally challenging viewing will have the same effect. Yep, that's science telling you to watch YouTube cats over *University Challenge*, folks.



PUT YOUR BRAIN ON STANDBY TO CHANNEL YOUR FITNESS

COUCH TUNERS

Don't let a short rest turn into sloth. These psych tricks will stop you taking the chill-out message so far that you lose your edge

01

RAID THE BISCUIT TIN



Psychologist Roy Baumeister found that glucose can be the difference between hitting the gym or hitting replay on YouTube.

02

BEAR IN MIND



Try not to think of a polar bear. It's harder than it sounds; suppressing your thoughts adds willpower, so says psychologist Daniel Wegner.

03

COLOUR IN



Associate a powerful colour, such as red, with time spent in the gym. Pairing vivid imagery with a goal makes it a more dominant thought, says Wegner.

26

MINUTES TO SLEEP OFF HEART DISEASE

Prolonged and onerous as the Greek financial crisis may be, there's little risk of it causing any stress-induced heart failures in the Cyclades this summer. That's if new research on the benefits of siestas is to be believed. While the entitlement to an afternoon nap has done little for Greece's GDP, it will do your body a great service if you can find a way to work it into your routine. According to the *Journal of the American Medical Association*, regularly sleeping after lunch can reduce your risk of a heart attack by a thumping 37%. Cardiovascular disease is the biggest threat to men in the UK, with heart attack cases



BECOME A NAPPER
AND LEARN TO KEEP
A STRONG BEAT

skyrocketing. Speaking of which, the key to the perfect power nap was recently discovered by none other than Nasa scientists. The optimum shuteye time, they say, is 26 minutes: overcook it and you won't benefit from the reduction in cortisol responsible for lowering your risk of heart attacks. And there's no need to go for a tactical staff bathroom lie-down; the best place to get 40 winks is in the seat of your car or a chair in a quiet spot away from the office. Sink an espresso first so it kicks in to wake you up at the right moment. While the threat of another global recession might have you tossing and turning, you won't lose sleep over health concerns any time soon.

GET THE BEST OF THE REST

It takes men an average of 14 minutes to nod off. Accelerate the process to streamline your Nasa nap and wake up feeling fresher



NEED FOR SEED

Smashing pumpkin seeds into your soups and salads increases levels of the slumber-inducing amino acid tryptophan, says sleep scientist Dr Craig Hudson.



TENSE OUTCOME

Studies by the UK Sleep Council show tensing and relaxing muscle groups induces sleep. Contract and flex for 5-10 seconds, then visualise your muscles melting.



GET AN EARFUL

Locate your ears' acupressure points. "Rub at the top of the ear where there is a hollow close to your face," says Gillian Berry of British Acupuncture Council.

72

SECONDS TO SHOOT DOWN HANGOVERS

Ernest Hemingway summed up the daytime drinking slump best: Death in the Afternoon. Which, fittingly, became the name for his infamous cocktail and questionable hangover cure. Being Men's Health, we can't recommend mixing absinthe and iced champagne to fix your head, but we can help you with holding off the beer garden crash that comes long before the bell tolls for last orders. It turns out the key to avoiding premature hangovers isn't found inside a glass at all – rather it's the glass itself. A new study by the University of Bristol found that those who drink from a straight glass, instead of a curved one, sink each pint 1.2 minutes slower. Pint glasses with measurement markings are even better: while

your body absorbs alcohol faster than you are able to metabolize it, etchings of $\frac{1}{4}$, $\frac{1}{2}$ and $\frac{3}{4}$ tell your brain to slow your pace so your liver doesn't take such a hard hit. What's more, you'll stave off dehydration, which is often the main catalyst to early, same-day hangovers. The barman may begrudge you your pernickety glassware requests, but it'll be well worth it during your next alcohol-fuelled Sunday for a farewell to harms.



WATER YOU HAVING?

Slowing your drinking speed will only go so far. Use our plan to offset the impending slump

01

PRE-DRINKING

If you're starting early, get a bloody mary in before you start on the beers. Celery and tomatoes are made up of 95% water, providing a hydrating hit with your first shot of the day.



02

THE BIG CHILL

Thereafter, choose cider on the rocks (see p75). Instead of tipping the ice cubes out when you're done, let them melt. It'll stall dehydration and the resulting blow to your energy levels.



03

SNACK ATTACK

Fruit may be a rare sight in the pub, but it's worth grabbing an apple or something similar when you duck out to get lunch. "Fruit is responsible for around 20% of our hydration," says Dr Sally Norton.





AFTER TAILORING
DOWN FOR THE DAPPER
MAN FROM UNCLE,
CAVILL IS GROWING TO
FIT SUPERMAN'S SUIT

COVER MODEL MUSCLE
HENRY CAVILL

MAN AND SUPER MAN

Henry Cavill has lifted himself to Hollywood superstardom via sheer superhuman effort. Now the Brit actor has big-budget blockbusters on his broad shoulders, from *Man of Steel* to this month's *The Man from UNCLE* and next year's throwdown with Batman. Prepare to test your own mettle >

WORDS BY JAMIE MILLAR – PHOTOGRAPHY BY PATRIK GIARDINO

HENRY CAVILL TAKES THINGS SERIOUSLY.

Like his coffee, for example. Explaining his choice of this particular London café as the location for his *MH* interview, he expounds, “You can tell it’s good here – they weigh the beans and everything.”

Said café shall remain nameless so the 32-year-old Jersey-born actor can continue to enjoy his caffeine fix without interruption, as he does today. It helps that he’s sporting a mean beard, more so even than when his character Clark Kent – Superman’s alter ego, for those who’ve been living under a kryptonite rock – goes incognito in *Man of Steel*, the film that forged his breakout from TV’s *The Tudors* into a cast-iron, big-screen star. Clearly the facial furniture is a more effective way of preserving a secret identity than a pair of glasses.

This month Cavill reveals another, less hirsute alias: that of smooth ex-criminal turned secret agent Napoleon Solo in *The Man from UNCLE*, a film adaptation of the ’60s TV show. Stylishly directed by Guy Ritchie, it’s a bromantic action-comedy pitting Brit Cavill against American Arnie Hammer as odd-couple US and Soviet agents respectively, who reluctantly join forces to prevent the Cold War from overheating to nuclear temperature.

The trailer is a blast, and making the film sounds much the same way. “It was just fun to be funny, and to play a role that’s slightly closer to who I am as a real person,” says Cavill. “People think I’m like Superman all day long, that I’m stoic. I mean, I try to do the right thing most of the time, but I also enjoy a good mistake now and then.” So maybe he doesn’t take *everything* seriously, then.

SPYING A CHANCE

At first glance, it’s all too tempting to view *The Man from UNCLE* as potentially what *Layer Cake* was for Daniel Craig. That’s to say, a feature-length audition tape for James Bond in which Cavill demonstrates 007’s key attributes of charisma and looking good in tailoring. It’s especially tempting given Cavill famously and narrowly lost out to Craig for *Casino Royale*. That Cavill even got so close was in itself remarkable – he was only 22 at the time. (Interesting and little-known fact: Bond creator Ian Fleming also came up with the character of Napoleon Solo.)

But Cavill is swift to quash the inevitable comparisons. “Solo is not like Bond at all,” he says. “In our film, he’s a thief who gets busted because a jilted woman sells him out, and then he’s blackmailed into working for the CIA.” He’s mentally if not sartorially sharper than Bond’s “blunt instrument”, as M refers to him, and even more maverick:

“Solo is brains as opposed to brawn, or guile rather than strength.”

To be clear, Cavill isn’t saying he no longer wants the 007 gig: “The Bond people are wonderful, and I’d like to work with them,” he admits. “But it depends on directors, and scripts, and whether they want me to do it. Plus there’s a time factor.”

Pre-*Man of Steel*, Cavill was gaining a rep as the unluckiest man in Hollywood. Bond aside, he also lost out to Robert Pattinson for *Twilight* (arguably that was good luck) and was initially cast for the reboot that became the disappointing *Superman Returns*, only to be booted out (again, arguably fortunately) along with a JJ Abrams script when director McG was replaced by Bryan Singer. Now Cavill seems to have the opposite problem.

“Let’s say the DC Universe keeps growing: they haven’t announced any more standalone Superman movies, but they may well do. That takes a full year out. If *The Man from UNCLE* becomes a franchise, there’s that... I’m not too sure when I could fit [Bond] in.” With two *Justice League* movies – DC’s equivalent of Marvel’s *Avengers* – slated to follow next year’s *Batman v Superman: Dawn of Justice* in 2017 and 2019, you can almost believe he’s too busy for Bond. (Although, for the record, *MH* is nevertheless laying down Le Chiffre-level stakes on Cavill taking up the Martini-quaffing mantle when Craig eventually hangs up his tux.)

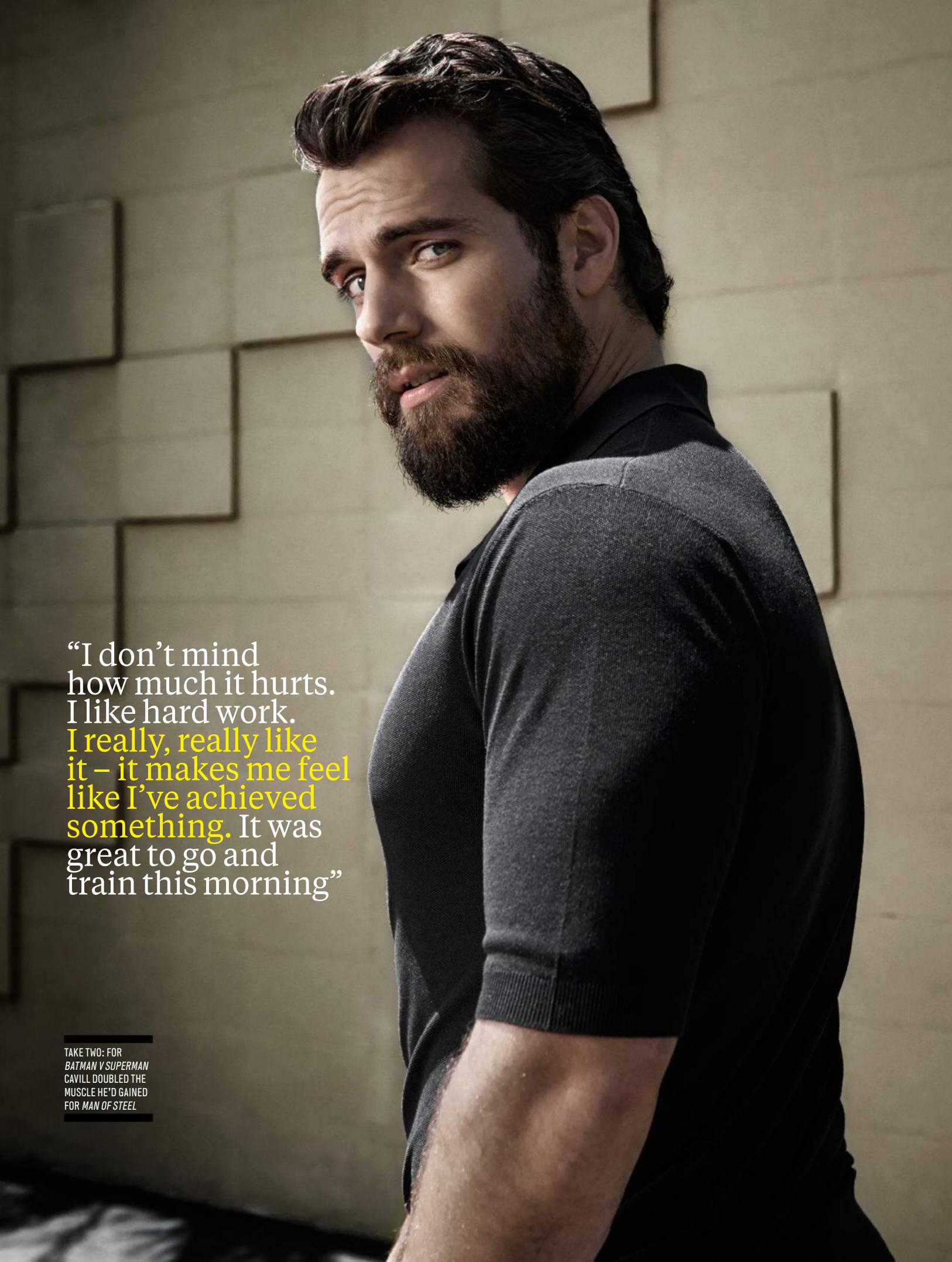
STEELING HIMSELF

In the meantime, being Superman remains a full-time job – even when he’s busy fighting the Cold War. While *The Man from UNCLE* provided a welcome break from skin-tight spandex and shirtless scenes – Cavill slimmed down significantly for the role – it was by no means a rest period. “We knew *Batman v Superman* was happening immediately afterwards, so we were prepping for that at the same time, doing enough heavy

SPY GAME: CAVILL'S
RISE WILL CONTINUE
ON AUGUST 14 WITH
THE RELEASE OF THE
MAN FROM UNCLE

“People think I’m like Superman all day long, that I’m stoic. I try to do the right thing most of the time, but I also enjoy a good mistake”





“I don’t mind how much it hurts. I like hard work. I really, really like it – it makes me feel like I’ve achieved something. It was great to go and train this morning”

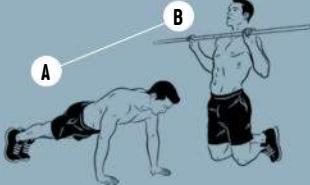
TAKE TWO: FOR
BATMAN V SUPERMAN
CAVILL DOUBLED THE
MUSCLE HE’D GAINED
FOR *MAN OF STEEL*

CONDITIONING KRYPTONITE

"Endurance eats gains' is bro science born of laziness," says Blevins. If you replace the calories, aerobic fitness will help you recover more quickly and lift more. Cavill's strength and size workouts double as 'cardio', but he occasionally does pure conditioning, such as 'triple death by burpee'. Warm up, then do 1 rep in the first minute, 2 reps in the second etc, until you can't complete the reps within 60sec. Then? Start the next series...

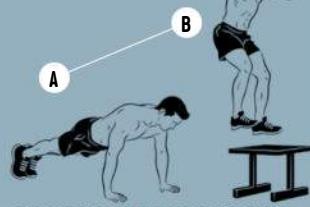
DEATH BY BURPEE CHEST-TO-BAR

Jump up and do a pull-up on each rep



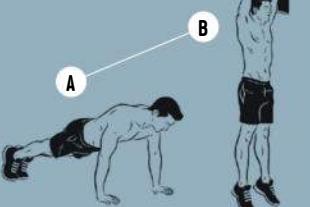
DEATH BY BURPEE TO 24-INCH BOX

Pretty self-explanatory, very unpleasant



DEATH BY BURPEE TO 6-INCH TARGET

Hitting a target mark will stop you cheating. Sorry



WORKOUT ILLUSTRATIONS: BEN MOUNSEY

stuff so that I'd be ready to make the switch without putting on muscle," he says. "Plus I had to stay at a certain weight and make sure I didn't blow up and get fat, which can easily happen when you're under stress and you want a drink at the weekend."

Fat chance. The tailoring for *The Man from UNCLE* was made by British menswear institution Timothy Everest, who witnessed Cavill's startling body transformations first-hand, as the actor leaned down from superhero to sleek super-spy to fit the character of Solo (and his suits) before beefing up once more.

Everest also saw up close the effects of stress, exacerbated by calorie restriction, on the normally charming Cavill's temperament. The tailor recounts how the downsizing leading man accidentally broke a changing room door off its hinges – possibly in an uncharacteristic fit of mild pique – then emerged in his underwear, holding the door and asking (presumably rhetorically), "What the fuck am I meant to do with this?" Everest has since left the door propped up against a wall as a kind of 'Superman was here' sign.

Training for a film other than the one he was working on was not so much a tough job as the second of two tough jobs. "Your day is long enough without having to get up two hours earlier to crush yourself in the gym," says Cavill. "Or worse, finish a long day and then smash yourself afterwards, when it's so late that it's almost not beneficial to train because you've got to go to bed and wake up really early again."

If you believe you're too time-poor to spend any on your body, frankly that's as rich as thinking actors have nothing to do all day but work out and eat right. "I love reading stuff like that on the internet," says Cavill. "Even when we're not shooting, there's lots of stuff we have to do. For example, this interview. Then I'm in pre-production for another film. My entire day is full. So going to train this morning was like, 'OK, get up, do it.' It's earlier than when you want to get up, but that doesn't matter – you have to do it anyway." Did we mention that our interview is taking place on his birthday?

MENTAL STRENGTH

Admittedly, motivation comes easily when you're being mentored by Mark Twight, former climber and founder of Gym Jones (gymjones.com), the famously

uncompromising institution renowned for pushing its fictional warriors – such as the Spartans in *300* and *Rise of an Empire* – just as hard as its real-life military clientele. The clue is in the name, which is a play on Jim Jones, the cult leader who convinced his followers to commit mass suicide. Total commitment is required.

Twight helped Cavill to maintain during *The Man from UNCLE* before passing him on to his acolyte Michael Blevins (gritandteeth.com), selected because he possessed the requisite fitness level and physicality to work out with the actor, and in Twight's words, "put the beat-down" on him. Cavill had to become prepared to kill himself in the gym. "I got to a point where I felt really fit, where given a choice between the easy way or the hard way, I chose the hard way every time," says Cavill. "I got to that point where I know I'm going to puke and then I puke. That to me was the challenge: how hard can I actually go?"

Having previously worked with both Twight and Blevins on *Man of Steel*, Cavill already knew that he could go pretty hard. Weirdly, that didn't dissuade him from doing it all over again. "It was definitely easier this time around," he says. "There is that aspect of, 'Oh God, I know how much it hurts.' But I don't mind that so much. I like hard work. I really, really like it, because it makes me feel like I've achieved something for the day. It was great to go and train this morning. Then, in the taxi, I thought, 'Yes, now the day is mine.' I could have not gone, and thought, 'I'll train later.' But what if it gets too late and I'm tired? 'Maybe I'll do it tomorrow.' I wouldn't feel good about that. It's about being honest with yourself. Doing the right thing releases the right chemicals."

COMPETITION SHAPE

That mindset is all the more impressive when you consider that Cavill's workouts are some of the most demanding *MH* has ever seen – an upchuck-provoking combo of limb-trembling strength training and lung-busting conditioning. Blevins drills Cavill "as I would a professional athlete. Performance is up front and centre, real world-class numbers are used for comparison and to strive for and, with enough time and consistent hard work, he has no problem competing." It's brutal but effective: unbelievably, during his three months training for *Batman v Superman* Cavill packed on twice as much lean mass

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MORE SPEED
IN ALL OF US**



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IN BETA**

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BRIGHT FUTURE:
WITH THE JUSTICE
LEAGUE FILMS TO
COME, CAVILL IS ONLY
GOING TO GET BIGGER

as he'd loaded up for *Man of Steel*. And, according to Cavill, this extreme form of method acting in turn strengthens the performance on-screen: "With it comes a look, a physicality, a way you move, and with that comes a confidence." The 'S' on his chest will feel real.

If you want to know what Superman benches, however, be mindful of your approach. "People do ask stuff like that," he admits. "It depends on the person. If it's a guy with a massive chest, he's trying to beat me, so I'll say, '1000lb,' and walk away. But if someone is being genuine and wants to chat about training, that's different. People who train a lot tend not to ask, though, as they don't want to be beaten by you – especially if you're Superman."

Although Cavill strives to improve his numbers, they don't define him. "They change constantly," he says. "What if it's a bad day, or your best day ever?" Besides, they're relative: the only number that really matters is effort, which for him is consistently 100%, rather than scoring points over others. "The last thing I want to do sitting here in a coffee shop is compete with you. I already compete with myself every single day of my life."

DIRTY SECRET

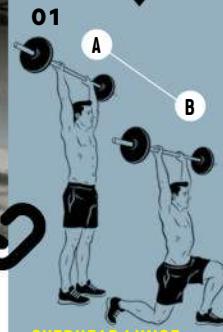
Cavill's resolve is slightly less steely when it comes to his diet. Although Hollywood-adapted, he's still an Englishman at heart: "I like fish and chips, I like pies, I like Guinness." Yes, he's a man of stout. But he doesn't look it because his approach to nutrition – or rather Blevins' – breeds consistency through occasional inconsistency: as long as Cavill continues to get enough of what he needs, he can afford a bit of what he wants. Especially when he's working this hard.

"I see guys stuck in this cycle of eating chicken and broccoli, or so-called 'clean eating,'" says Blevins. "This eventually limits the amount of energy they can give during training, which limits the amount of hypertrophy signalled or calories expended. So they tighten up their diet to try to advance, further limiting the training effect, and so on."

Although the quantities might be outlandish (5,000 calories a day when adding size), and the dreaded Tupperware does periodically rear its dull head (when tapering for those shirtless scenes), Cavill eats relatively 'normally': curries, stews and, yes, occasionally burgers and barbecues. "Today, for example, I might go to Nando's for some chicken and sweet potato, or Wagamama and get a broth," he says. "Just be smart: don't eat rubbish."

SUPER-SIZE AND STRENGTH

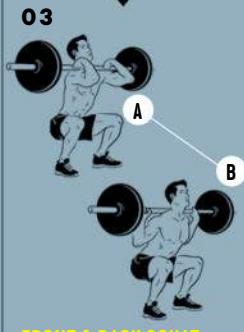
"We want to get the muscles as close to failure as often as possible," says Blevins. "It's excruciating if done correctly." Cavill only squats heavy 1-2 times a week but does leg stuff most days. Try this on for size.



OVERHEAD LUNGE

6 SETS OF 10 REPS

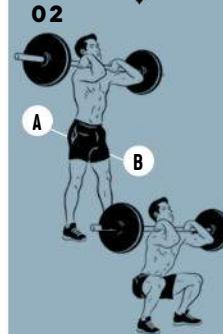
Use an unloaded bar for set 1. Step forward, back straight, then drive up through your front leg. Increase the weight each set. Cavill works up to 85kg on the final round.



FRONT & BACK SQUAT

4 SETS OF 7 & 13

Start with 7 front squats using 70% of your 1RM. Rack the bar, then set up for your back squat, bar across your shoulders, and pump out 13 reps. Go back to the front squats.

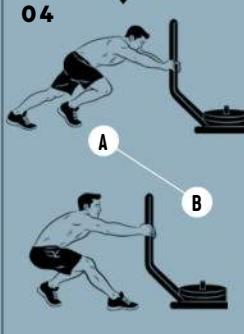


FRONT SQUAT

2 REPS AT 50%, 70% 1RM

1 AT 75, 80, 90, 95, 100

Simpler than it looks: up the weight as you go, for 9 reps in total, finishing up with your 1RM. Lower so your knees are at 90°.



SLED PUSH & PULL

5 SETS OF 5 REPS

Load a sled as heavy as you can. Push it 10m and drag it back for the same distance. That's 1 rep. Rest 2min between sets. That's your cool-down.

A JUST-SHAVED SMOOTH FEELING THAT LASTS.

AND LASTS. AND LASTS. AND LASTS. AND LASTS.

AND YOU GET THE IDEA.



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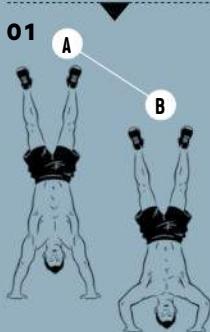
Allowing yourself some peri-peri on those plain chicken breasts instead of sacrificing taste on the altar of orthorexia makes staying broadly on the nutritional straight and narrow far more palatable. It also reduces the urge to binge – along with the odd indulgence. “Although food quality is important, I feel longevity is far more critical,” says Blevins. “I would give someone a cupcake everyday if they were able to stay within the calorie amount I recommended.” Indeed, Blevins is keen to stress that becoming Superman isn’t a quick fix or a four-week plan that you can

NO COMPETITION:
GUYS AT THE GYM
ARE ALWAYS ASKING
SUPERMAN HOW MUCH
HE CAN BENCH



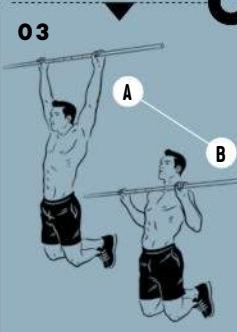
ROUGH AND TUMBLE

Cavill does gymnastics to reduce his injury risk, increase athleticism and keep things interesting. His warm-up alone includes tuck jumps, hollow body holds, forward rolls in and out of handstands and wrist press-ups.



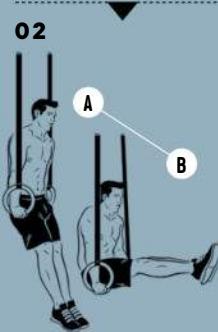
HANDSTAND PRESS-UP 3 SETS TO FAILURE

Lower until you near the floor each time. Then, if your gym and abilities allow it, work on front tucks, cartwheels and round-offs (next-level cartwheels) like Cavill.



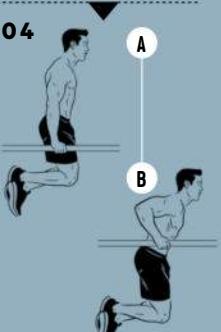
PULL-UP 1 SET TO FAILURE

Grab hold of the bars or rings with a wider-than-shoulder grip and pull up explosively. Lower slowly, keeping your shoulder blades pulled down throughout.



L-SIT ON RINGS 5 SETS OF 20SEC

Hoist yourself up, arms straight and shoulder-width apart. Raise your legs straight out in front, back flat throughout. It's harder than it sounds.



PARALLEL BARS DIP 3 SETS TO FAILURE

After that, do three ‘finishers’. On parallel bars or rings, bend your arms and lower until your shoulders are below the elbows. Push back up.

follow. Like with his career, it's taken Cavill years of toil to get to this point – four, to be precise. But he's an example of what can be achieved if you commit to something wholeheartedly and really push yourself, an example scarcely less inspiring than his iconic alter ego.

“Henry is a perfect spokesperson for fitness because he isn't selling a product,” says Blevins. “He's sharing an idea: one of hard work and dedication, about setting out and seeing things through. It's about embracing the long road, the hard-fought battle.” On the evidence *MH* has seen, “hard-fought” is an understatement. Even the best trainers in the world (Blevins and Twilight among them) will only get you so far. How, then, does Cavill out of bed

every morning, to not only suck up some unimaginably grim workouts, but chew them up and spit them out again? To become reacquainted with his breakfast, make a joke about it and then carry on? To test the limits of his physical and mental capacity in a way that those of us coasting through our three sets of 10 and giving up on the last rep can scarcely conceive?

“It's pride,” says Cavill. “I have pride in my work. When I'm old, I'm not going to go, 'I'm so glad I cheated myself my entire life, so glad I got away with it.' I want to die and, in those moments, realise that I have integrity, that every time I told my kids and grandkids to work hard, I believed it myself. That's what really matters.”

For a second his smile disappears and he fixes you with a laser gaze that could melt metal. And you believe – no, actually see – that he's completely serious. ☀

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THE LAB

PUTTING HEALTH UNDER THE MICROSCOPE

Men's Health

EDITED BY CARLENE THOMAS-BAILEY



Men's Health

THE PERFECT

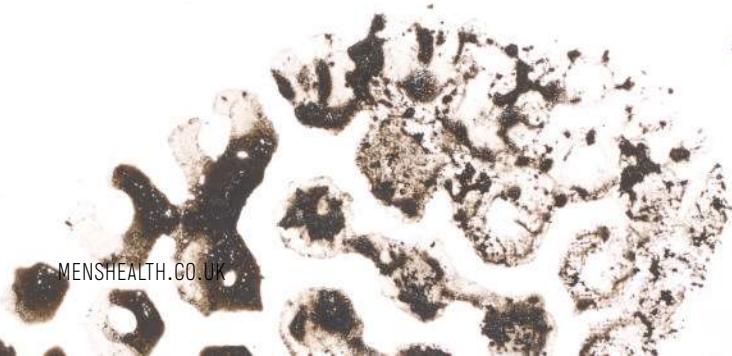
10

Men's Health

TWO-COURSE RACE

THERE'S MORE TO A NEW PB THAN CARB-LOADING. WE PICKED THE 10 BEST FOODS FOR PACE AND POWER THEN CONSTRUCTED THE PERFECT PRE-RACE MEAL. GET SET... ➡

A large graphic of the number '10' is centered on a textured, crumpled paper background. The paper has four safety pins attached at the corners. The word 'Men's Health' is printed vertically on the left and right edges. Above the '10', the words 'THE PERFECT' are written in a smaller, sans-serif font. Below the '10', the words 'TWO-COURSE RACE' are written in a large, bold, sans-serif font. At the bottom, there is a block of text about meal planning for a race, followed by a right-pointing arrow.



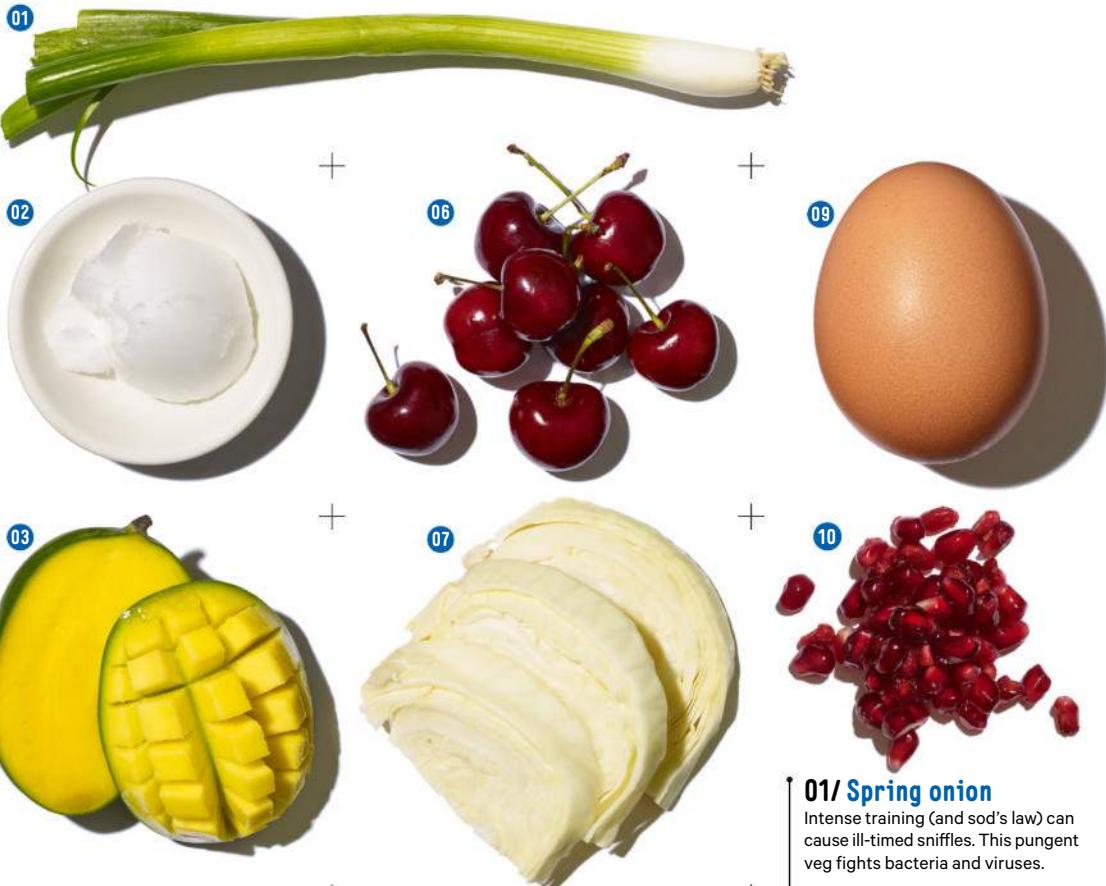
Whether you're setting your first 10K time or running MH's Survival of the Fittest for the fifth year in a row, if you don't fuel up beforehand you may as well not wear your trainers. Plain protein and plainer pasta will give you a solid dose of get-up-and-go, but to leave your old self at the start line you need nutritional performance enhancers. We gave our top 10 ingredients to chef (and marathoner) Adria Wu to serve you two pre-race dishes that will stock your tank for explosive energy when the gun goes.

EXPERT PROFILE



NAME
ADRIA WU
.....
JOB
CORDON BLEU
TRAINED CHEF

Wu is the founder and head chef of London restaurant Maple & Fitz. Every month she takes 10 simple ingredients and turns them into nutritious, satisfying spreads



01/ Spring onion

Intense training (and sod's law) can cause ill-timed sniffles. This pungent veg fights bacteria and viruses.

02/ Coconut oil

As a top source of healthy fats, coconut beats olive oil. Scramble your eggs in it for a stamina boost.

03/ Mango

The fibre-rich fruit aids digestion, while its tryptophan improves your sleep for a sprightly sprint finish.

04/ Radish

These vitamin C powerhouses fight post-race cellular damage – which means you won't be limping home.*

05/ Milk

Chugging milk post-race instead of soy or carb-rich drinks burns fat and builds muscle for next time.

06/ Cherries

Drinking tart cherry juice for a week before competing reduces muscular pain post-run.

07/ White cabbage

Ditch your standard sides; 100g of this brassica bags your RDA for bone-protecting vitamin K.

08/ Duck

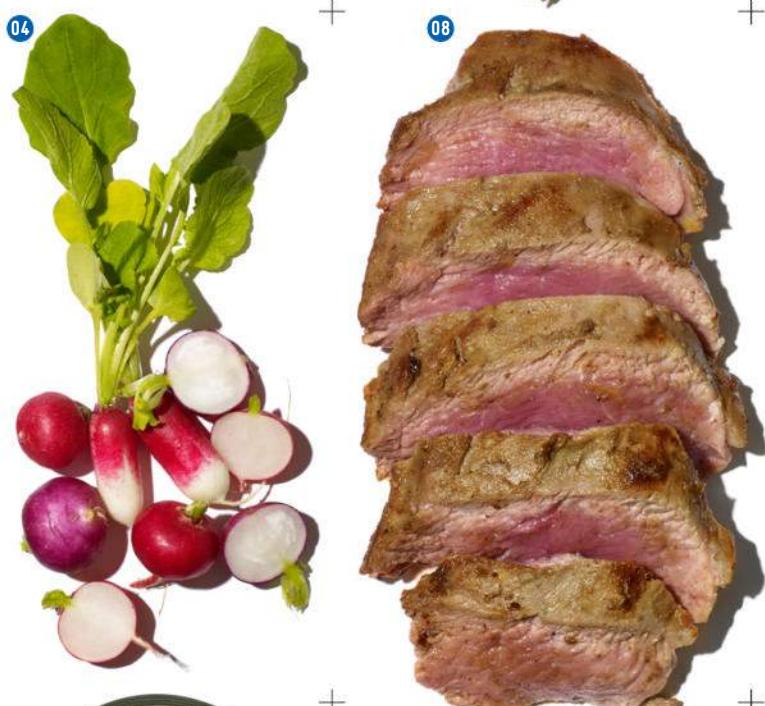
This bird will see you fly to the finish. Its iron helps your muscles retain oxygen to work even harder.

09/ Eggs

Choose whites for protein without the added fat, and vit B2 to help release energy from other foods.

10/ Pomegranate seeds

Just half a fruit has 13% of your RDA of folate. Sprinkle over salads to keep your red blood cell count high.



01

TOWER OF POWER
MANGO CHERRY OAT PANCAKES

Dig in to this stack in the morning to load up on slow-releasing energy ahead of the big event, while keeping your body in fat-burning mode. Pile your plate high.

A/ Start by blending your oats, coconut, baking powder and salt to form a coarse flour, then pop that in a large mixing bowl. Next, blitz the mango and eggs until smooth. Add this mango mix to the bowl and whisk everything together. Slowly add milk until it resembles a smooth, thin porridge.

B/ Heat a good dollop of coconut oil in a non-stick frying pan over a low heat. Add three tablespoons of the batter to form each pancake, cooking one at a time. Press the cherries into the cooking batter. As soon as bubbles appear, flip the pancake and cook until golden on the other side.

C/ Serve up your pancakes with a spoonful of coconut yoghurt plus more fresh cherries and chopped mango. Use this healthy stack to sate your sweet tooth and kickstart your last loosener before you get to the start line.

SERVES 2

- Oats, 100g
- Desiccated coconut, 25g
- Baking powder, 1tsp
- Salt, pinch
- Very ripe mango, 100g
- An egg
- Milk, 200ml
- Coconut oil, 3tsp
- Cherries, 150g, pitted and halved
- Coconut yoghurt, 2tbsp

£5.50
PER HEAD15
MINUTES590
CALORIES

02

FLYING SUSTENANCE
POMEGRANATE TAHINI DUCK BREASTS320
CALORIES90
MINUTES£5.35
PER HEAD

SERVES 2

- Pomegranate molasses, 1tbsp
- Tahini, 1tbsp
- Cinnamon, pinch
- Lemon, 1, juice and zest
- Duck breasts, 2
- Olive oil, 2tbsp
- White cabbage, 2 slices
- Radishes, 200g
- Pomegranate, ½
- A spring onion
- Sea salt and freshly ground black pepper

Duck has a bad rep among calorie-trackers. But if you strip back the skin and swap out heavy sauces, you get a perfect dose of protein to turbocharge your body.

A/ Combine the pomegranate molasses, tahini, cinnamon and half the lemon juice. Peel the fatty skin off the duck breasts, coat them in the marinade and leave at room temperature for 20-30min.

B/ Mix the remaining lemon juice with the olive oil, salt and pepper. Brush over the cabbage and lay in a tray with the radishes. Roast at 200°C for 20-25min, flipping the veg halfway through.

C/ Season the duck breasts and fry for 6-8min over a medium-high heat. Fry the other side for 2min and then bake for another 7min. Let them rest for 10min.

D/ Place the duck on a bed of cabbage and radishes. Garnish with pomegranate, onion, lemon zest, salt and pepper. With more than three times the iron of chicken, duck will make you happy you gave blander birds a miss.



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So if the promise of a haybale scramble in the blistering heat gets your adrenaline pumping, read on.

For your chance to win simply enter any UK Survival of the Fittest event before 31 August 2015. The first person selected at random after the closing date will win a return flight to Sydney, an entry to Survival of the Fittest and accommodation for 4 days*.

So if you want to test your mettle and conquer Survival of the Fittest home & away, enter now at mhsurvival.co.uk



* FOR FULL TERMS AND CONDITIONS VISIT WWW.MENSHEALTH.CO.UK/SURVIVAL

02**CABIN FEVER**

The combination of cabin dryness and recycled air is a recipe for colds. When your stomach wakes up, opt for a pot of Greek yoghurt (and skip the airline's tasteless croissant). Its low-fat protein will bolster your immune system, while the live bacteria settle your digestion to deflate any mid-air bloating.

01**HIGH AND DRY**

The air in your plane has 10-15% humidity – about half the level you're used to, which is why your tongue feels like sandpaper by the time you land. Grab an OJ at the gate to stock up on hydrating minerals such as potassium. Sucking on ice will also help so ask for a cup with your first inflight drinks order.

05**04****05****LANDING LIGHT**

Regardless of how tired you are, fight the urge to go from bag drop to hotel bed. You need to get outside. If you're jetlagged, natural light will help to get your body clock back in sync. Keep naps to 20-30 minutes to prevent sabotaging a full night's rest. And try to avoid the mini bar until you've caught up.

04**A SAFE SEAT**

Sitting over the wing is best for nauseous flyers, as it's closest to the plane's centre of gravity. Staring out the window at the horizon will help too. Aisle seat? Keep your head out the sick bag by sucking on a ginger lozenge, suggests the *British Journal of Anaesthesia*. Then pre-select your seats next time.

02**01****03****TOP THE POPS**

If pressure changes make your ears pop painfully, chew gum for 30 minutes during take off and landing. You'll swallow more often, which equalises pressure between your inner and outer ear. Chewing also cuts cortisol, reports Northumbria Uni – useful after having your seat kicked for five hours straight.

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HEALTH TIPS TO STAY FIT AT
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PLAN INSTEAD



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THE PRICE
RISE***

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Survival calls for skills in both endurance and coordination. Here's a taster of the type of training Ross will offer you over the coming months. To find out how to do these moves with correct form visit menshealth.co.uk/survival

01 PLYOMETRIC PRESS-UPS
5 SETS OF 5



02 SPIDERMAN PRESS-UPS
3 SETS OF 10



03 RENEGADE ROW
3 SETS OF 20



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THERE'S A TIMEBOMB
IN YOUR BELLY. WHEN
WILL IT GO BANG?

WHAT'S KILLING MEN? THE LAB

20%

of cancer deaths
can be attributed to
obesity (Harvard
University)



WEIGHT OF THE NATION

OBESITY IS MORE THAN A
RISK FACTOR FOR HEART
ATTACKS. IT'S LINKED TO
50 LIFE-SHORTENING
CONDITIONS. WISE UP

There are many claims on our sympathy nowadays, so Britain's fattest man Carl Thompson was never going to get much of a look-in. The 33-year-old weighed 65 stone when he died in June, housebound and bedridden in a modern Bedlam. He was alone but, for the tabloids, never out of sight. Step right up! You could gasp in mock horror at Carl's food diary or work up moral outrage about his cost to the NHS... do anything but feel empathy for the fact that this was a young man whose life had moved disastrously out of balance.

You can't legitimately sneer at many people these days, but fatties are still fair game. And

they're a boon for the sort of TV producer who spends their life looking for something that's going to make *Benefit Street* look like Émile Zola. A blubbery subject can be trailed from takeaway to takeaway accompanied by comedy trombone parps; an *Apprentice*-rejected Gagool can gain a few pounds, lose them and then claim this empirically proves the obese are just lazy; a public schoolboy can unleash his inner Flashman to propose a tax on the obese – generally with extreme examples drawn from northern mill towns. (Like most British political



MH's deputy editor Mike Shallcross examines your biggest health threats before they catch you

NAME OBESITY

RANKING The top public health priority in the NHS's Five-Year Plan

THE MH PRESCRIPTION Burn off fat to dodge heart attacks, diabetes, cancer & liver disease

issues, obesity comes with an ugly class dimension.)

But Carl and co aren't so different from the rest of us. The official Health Survey for England found a quarter of the population is now clinically obese, with the compulsory side orders of diabetes and heart disease. Obesity isn't comedy, it's a death sentence.

Lunch with Dr Matthew Capehorn, clinical director of the National Obesity Forum, begins with a Mexican stand-off, resolved when he opts for the cottage pie.

I breathe a sigh of relief and feel almost virtuous with seafood linguine. Serenity is short-lived however as he goes on to explain that our obesity problem could actually

be worse than we think. "It is very well evidenced that people under-estimate their weight. We have a term for this, 'normalisation'; obese people think they are just a little overweight."

As always, the people more deeply in denial than Egyptian scuba divers are men. Obesity levels are similar between sexes, but women are in the majority

4

Annual number
of extra sick days
taken by obese
workers in the UK
(NICE)

The Telegraph

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SUMMER OF SPORT

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YOUR GUT BEFORE
A SURGEON HAS TO

in trying to do something about it. Capehorn muses that this disparity may be due to greater societal pressure about body image. "We need to find ways to address weight as a health risk in groups that do not fully appreciate it. That may include targeting men in a different way," he says.

While we all know carrying extra timber is bad for us, perhaps if we knew the whole truth we'd be less sanguine. Obesity is associated with causing or worsening over 50 co-morbidities. Professor Jennifer Ligibel, a researcher into cancer at Harvard, recently predicted that obesity would surpass smoking as the Western World's leading cause of avoidable cancer deaths within the next 15 years.

The term 'overweight' seems relatively harmless, as if you'd stacked one too many bricks in the back of your car. In reality, obesity is like pouring wet cement into the engine. White fat fills in the gaps between vital organs. Ever wonder why the very overweight get short of breath? That's their lungs and diaphragm being crushed.

Liver disease is another unpleasant byproduct. For thirsty Brits, alcohol is the big problem. But in greedy America, non-alcohol-related fatty liver disease (NAFLD) has supplanted it. "Having too much fat in the liver is caused by a build-up of triglycerides, high amounts of which are found in foods high in fat and sugar," says Andrew Langford of the British Liver Trust.

Looking into liver disease rarely fails to produce an alarming statistic. But Langford pulls out an absolute doozy when he sends me a graph showing the number of cases of NAFLD treated in hospitals over a 28-year

7
Number of years
you can take off
your life expectancy
if you are obese
by age 40

 **"It's like pouring wet cement into the engine. Fat fills in the gaps between organs"**

period. It shows a 900% rise. Britain is foie gras-ing itself.

So what can be done? While we're self-consciously not having dessert, I (theoretically) bestow upon Capehorn dictatorial powers to tackle obesity – control of the airwaves, a right to levy taxes or ban foods. But his decrees are not so draconian: a rebalancing away from prevention to actual treatment of the obese, and public health messages to be made more blood-and-gutsy in line with anti-smoking

600m
The number of
obese people
globally
(WHO)

**BIG FAT QUIZ**

Expand your knowledge about the supersize problem of obesity

01 True or false: if your BMI is less than 25, you can relax about obesity.

False: Your BMI records weight, but not body fat – or, crucially, where that fat is concentrated. "The most dangerous type of fat is abdominal," says Capehorn. A person with skinny arms and legs and a large beer belly is at more risk than a rugby player with a higher BMI.

02 How many UK deaths are due to obesity?

Nobody knows; there is no accurate register. "In 1998, the National Audit Office stated 6% of all deaths were caused by obesity," says Capehorn. "But I suspect that by now, we would probably be in the region of 10%." This would equate to about 50,000.

03 True or false: calorie intake is increasing by 10% every decade.

False: The latest research shows that we actually consume 20% fewer calories than we did 30 years ago, but weigh an average of up to 14kg more. It's an anomaly usually attributed to our more sedentary lives.

04 Approximately how much is obesity forecast to cost the NHS by 2050?

£50bn: Unless we break from current trends, the 2007 Foresight report found half the population would be obese by 2050. NB £50bn is about half of the NHS's total budget.

TESTED BY EXPERTS

ARTIFICIAL INTELLIGENCE

THE GRASS MAY BE FAKE, BUT THE STRUGGLE FOR FIVE-A-SIDE VICTORY IS REAL. MH TRIALLED TOP ASTROTURF BOOTS TO SPARE YOU ANY OWN GOALS

The Premier League is back and so is five-a-side season. But your well-worn running shoes make about as much sense on the AstroTurf as they do on a water-logged field. For the performance to outplay your opponents, you need a shoe to match the surface.

While you're winning, you can also rack up a few health points. Hard tackles, quick turns and explosive sprints can burn up to 800 calories a game, while also building core strength and endurance and reducing your blood pressure. According to the *British Journal of Sports Medicine*, regular recreational kickabouts can even help to prevent heart disease.

MH scouted the market for the leading AstroTurf boots, which limit slipping and ankle injuries as you pivot for that perfectly timed pass. Then we teamed up with the University of Exeter's biometrics team who tested the boots using a *Tron*-esque football turf to analyse gait, traction and movement. Our MH lab results will help you make the right pre-season signing.

01

• BEST FOR VALUE	6.5/10
• UMBRO PREMIO	
• £20 SPORTSDIRECT.COM	

BE A UTILITY PLAYER

These boots might not look fancy, but for casual players, they're a solid all-purpose pair. The ankle collar is well padded, but there's little cushioning on the upper, so they aren't made with scrappy players in mind. Still, the low price means you can afford to get them a bit battered.

THE LAB STATS

• Ground traction	5/10
• Ball control	8/10
• Performance	7/10
• Cushioning	4/10

OUR EXPERTS SAY

The grip was particularly good during turns, although there was too much ankle movement. Still, these give a lot of bang for few bucks.



02

• BEST FOR POWER	7/10
• PUMA EVOPOWER 4.2 TT	
• £45 UK.PUMA.COM	

SHOOT LIKE YAYA

Tapping the ball in feels like an easy win, but it's the long-range shots that impress everyone. When your eyes are on the back of the net, these boots are light enough to increase your speed, but made of durable material to put some force behind your shot.

THE LAB STATS

• Ground traction	5/10
• Ball control	7/10
• Performance	7/10
• Cushioning	5/10

OUR EXPERTS SAY

The EvoPower's asset is its weight, handling sharp turns well. They lack padding on the upper; avoid hard tackles.



WORDS: BEN DUFFY | PHOTOGRAPHY: MITCH PAYNE



**MH
WINNER**

03

- BEST ALL-ROUNDER 8/10
- NIKE MAGISTAX PROXIMO TF
- £125 NIKE.COM

GET RONALDO'S CONTROL

Don't be deterred by their sock-like appearance; our winners slide over your ankle for extra protection. Rough Flyknit material on the upper stops the ball at first touch, and hexagonal studs deliver superior grip. You'd expect nothing but the best from the brand that kits out Ronaldo.

THE LAB STATS

• Ground traction	10/10
• Ball control	6/10
• Performance	9/10
• Cushioning	4/10

OUR EXPERTS SAY

These were particularly comfortable and limited any ankle movement. If you want time out, you're going to have to fake those injuries.



04

- BEST FOR COMFORT 6.5/10
- MIZUNO NEO ZEN AS
- £80 MIZUNO.EU

MASTER THE PASS

Inspired by the 30-year-old Morelia boot worn by the likes of Liverpool's Markovic, these are very light yet made from full-grain leather, so you can feel confident ploughing that Hollywood ball to your striker. Sure, they look more suited to a cricket green, but you won't care once you're in the game.

THE LAB STATS

• Ground traction	3/10
• Ball control	8/10
• Performance	8/10
• Cushioning	6/10

OUR EXPERTS SAY

These came second to Nike for performance, at far less cost. Still, the traction is poor, so if you're nimble-footed, they might not work. Best for backseat players who make the odd pass, then dive fully into post-game frivolities.



05

- BEST FOR SPEED 7/10
- ADIDAS ACE15.4 TF SHOES
- £40 ADIDAS.CO.UK

CHANGE UP A GEAR

The Ace15.4 boots are not for shy, retiring types, but if you can look past the DayGlo finish you'll see they're rather nifty. Hot off the conveyor belt, they offer strong grip and speed for your five-a-side, and the mid-range price point makes them even more desirable – as does the fact that Adidas is favoured by Messi. Purchasing this pair might not guarantee his drop-dead acceleration, but it will make the best of yours.

THE LAB STATS

• Ground traction	9/10
• Ball control	7/10
• Performance	7/10
• Cushioning	5/10

OUR EXPERTS SAY

With grippy soles and the padding to handle tough tackles, these are ideal for speedy wingers. A top-tier performance for the price.



WINNING IN MIND

If you're shooting for the top spot, the right mindset is as important as the best kit. We asked Jennifer Savage, psychologist at the English Institute of Sport, for her tips.



HANDLE LOSS

Evaluate games with the logical part of your brain. Allowing emotion to influence decisions damages future judgement.



PLAY AS A TEAM

Confidence breeds confidence. Do your warm-ups as a team and avoid outbursts or negative talk – off the pitch and on.



BE A REALIST

Over-hyped phrases ("Let's put 10 past them today!") help no one. Focus on meaningful cues and specifics.



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STRETCH OUT YOUR HOLIDAY

THE AFTERGLOW OF IBIZA CAN LAST LONGER THAN YOUR TAN. ANTICIPATION, NOT NOSTALGIA, IS KEY

My suitcase has squatted here on our bedroom floor, threatening to cause arguments, for two weeks. I've been living out of it – "treating our house like a hotel" as my girlfriend puts it – since returning from Sardinia. I've also been stealing bananas from the breakfast buffet, or 'kitchen', and leaving towels in the bath to be replaced.

Earlier this year, after visiting my generous-hearted brother in Melbourne, I crash-landed back to real life. As I joined the passport control queues, my phone alerted me to a whole new set of work crises I should have been solving while I was surfing. The future looked depressingly like a slow decline into winter.

Never again, I said, determined to cling onto my optimistic holiday *joie de vivre*.

WEAR A YEAR-LONG SUNNY DISPOSITION



Unlike birthdays and Christmas, the magic of going on holiday only dulcifies year after year. From trying a new scent in duty-free, to pointing confidently at the foreign menu and wondering what will turn up, the nature of holiday is 'adventure for adults'. Nothing too extreme, mind – we want our novelty to come with a pillow menu – but the excitement of embarking on 'elsewhere' holds such promise. Rejuvenation, an escape from bad weather, and a life less ornery – everything is there to make you feel better, if only for a short time.

If you feel like a changed man after a holiday, it's because you are. "Foreign experiences increase both cognitive flexibility and depth and the ability to make deep connections between disparate forms," says Adam Galinsky, a professor at Columbia Business School. When you're coasting on a paddleboard in your hawaiian shorts, your brain is sprouting new dendrites, expanding into those parts PowerPoint just can't reach.

In processing this festival of new experiences on holiday, our experience of time expands*. So it follows that to enjoy this endless holiday experience at home we need only try new, 'foreign', things. Taking inspiration from my latest break, I tested this by expertly welding an authentic Sardinian risotto to my Le Creuset pan. It didn't feel like holiday, but then it wasn't an entirely new experience.

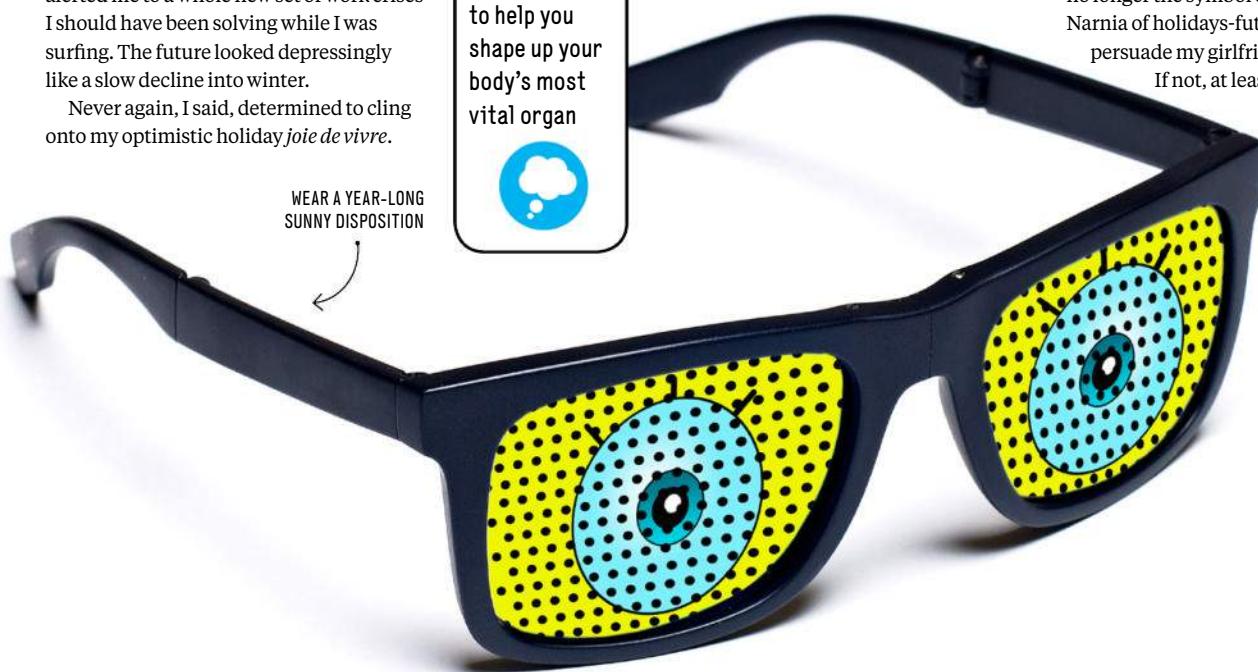
Try as I might, reality is creeping in and *joie* is seeping out. In contrast to holiday's spontaneous activity-rich playground, work seems both endless and forgettable. A more profound shift of perspective is needed, so rather than clinging onto my memories of Sardinia, like a child dragging a deflated balloon, I start to plan another holiday and dream of that instead.

A new study in the journal *Applied Research in Quality of Life (ARQL)* validates this

courageous decision. The study's authors discovered that people who are anticipating holiday trips show the longest signs of increased happiness. And, luckily, the length of the holidaymaker's trip didn't affect the results. Three weeks spent tanning your hotdogs to a deep mahogany in Mauritius has no longer-lasting effect on your happiness than a weekend in Barcelona. Or, say, 12 long-weekend trips all over Europe. Suddenly every month is an opportunity and everywhere's a destination: Stockholm! Paris! Hull!

The ARQL study also found that the average holidaymakers' happiness returns to normal (stressed) after eight weeks, tops. That's all the official backing I need. Six holidays a year (minimum) it is.

The suitcase on our bedroom floor is no longer the symbol of joys past. It is the Narnia of holidays-future. Hopefully I can persuade my girlfriend with this idea. If not, at least my bag's packed.





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BREAKING POINTS

IF IT'S A HAPPIER ENDING YOU'RE AFTER, USE OUR GUIDE TO MAKE PARTING SWEETER FOR BOTH OF YOU

Q MY EX GIRLFRIEND HAS INVITED ME OVER FOR A ONE-OFF DINNER AND THE OPTION OF 'DESSERT'. GOOD IDEA OR BAD IDEA?

Tom, Brighton

A Scientifically speaking, yes, it has merit. It's all to do with emotional arousal, a subject explored in detail by the famous 'bridge' experiment conducted by Dutton and Aron back in 1974. When you feel intense anger, fear, jealousy or catatonic despair that you'll never get to see each other again, it creates excitation – and it's when that excitation is transferred to sex that the sparks start to fly.

Realistically, though, remember that if you get hooked back into the relationship, that passion will quickly level out again. So, by all means, accept the invitation and enjoy yourself. But for the sake of both your and her sanity, only ever do it once.

THE END
BREAK-UP
SEX

WHEN YOU SAID BREAST WAS ON THE MENU...



Q I'M RECENTLY DIVORCED AFTER A 10-YEAR MARRIAGE AND I WANT TO GET BACK IN THE SADDLE. IT IS LIKE RIDING A BIKE, NO?

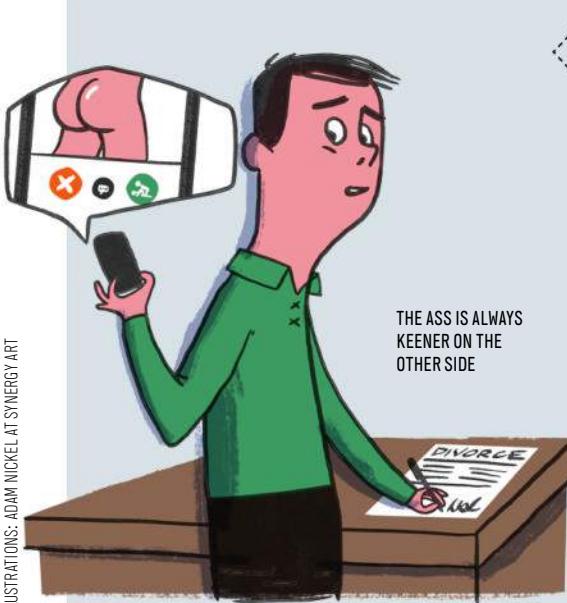
Mark, Essex

A When you've been in a relationship for a long time, it not only affects what approach you should take to dating, but also how long you should wait before diving in. Whatever your friends have told you, this probably isn't the time for Tinder. "There is a grieving process to go through – regardless of how 'OK' you feel," says therapist

Tania Glyde. "But once that's passed, a good adage is 'date for fun, not for the one'. And think carefully about what you want from a partner. Even running after the opposite of what you had before may lead you to the same place."

If you really are committed to getting back in the saddle as soon as possible, the best new hook-up app is Mixxxer. More straightforward than most, its users are, frankly, all about sex. Which makes it a far easier place to find the NSA arrangements that will supply the physical and ego boost you're after, while still giving you a mental break from relationship stress.

THE ASS IS ALWAYS KEENER ON THE OTHER SIDE



ILLUSTRATIONS: ADAM NICKEL AT SYNERGY ART

EXPERT PROFILE

NAME
NICHI HODGSON
.....
JOB
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.....



Author, activist and former dominatrix, Hodgson offers advice on how to handle relationship fallout with minimum collateral damage and maximum gain.

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Q MY GIRLFRIEND KEEPS SPENDING TIME WITH HER EX. SHE SAYS THEY'RE JUST FRIENDS, BUT SHOULD I CALL HER OUT ON IT?

Eric, Manchester

A What exactly do you mean when you say 'spending time'? Are they working together? Going for dinner? Coffees? It's the level of intimacy which indicates if that time-spending is appropriate or not, so adapt your stance accordingly. If she's choosing time with him over time with you, then make that the focus of your concerns, rather than it being an issue of trust.

Bear in mind that it's him you should be wary of, not her. The University of Wisconsin found that young men, regardless of their relationship status, are more likely than women to desire their friends. Admitting that you distrust this guy will come across as endearing jealousy rather than stir-crazy paranoia.

If she doesn't see it from your point of view, perhaps that should be the issue rather than who she's going for coffee with.

DON'T LET HER SEE YOUR GREEN-EYED MONSTER

AVOID TURNING A TRAGEDY INTO A SCENE



Q OUR SEX LIFE IS ON ITS LAST LEGS AND IT FEELS LIKE WE CAN'T BE BOthered TO KEEP THE WHOLE RELATIONSHIP GOING. BUT NEITHER OF US WANTS TO ADMIT IT. HOW DO I BRING IT UP?

Daniel, Watford

A It's undeniably sickening being the one to call time, but it's vital for your mental health to do so. Research published in the *Journal of Health and Social Behaviour* shows that men suffer the fallout of bad relationships more than their female counterparts, thanks to the fact you chaps simply don't like to open up to your friends. While you'll moan about work or the government over a drink in the pub, she's bouncing her feelings, worries and desires off her friends, family and colleagues.

So, setting up a time to talk to your partner as soon as possible is the first step. As for what happens next, use relationship therapist Susan Quilliam's three-point strategy: do it in person, do it firmly and do it kindly. Firstly, pick a public location to meet face-to-face to put the brakes on emotional outbursts. Then make sure you don't enter into any 'bargaining' – it will only defer or prolong the agony. Finally, don't blame or shame. Then head out with a mate for a few pints and a long chat. You'll feel much better for it.

THIS TIME, LYING ISN'T OUT OF THE QUESTION

Q I SPENT A NIGHT WITH SOMEONE ELSE DURING 'A BREAK'. NOW WE'RE BACK TOGETHER. SHOULD I TELL HER?

Ted, Peterborough

A It really depends on the rules that you agreed for your time apart. Unless it was explicitly stated that any sexual encounters wouldn't be held against each other at a later date, I would advise that you're better off keeping quiet. Bear in mind that some actions – like a throwaway one-nighter – can cause a disproportionate amount of distress.

An exception to the rule: if you've slept with someone in your social circle (more



common than you'd think). If you don't trust those in the know to stay schtum, then you're better off confessing before your girlfriend finds out. Studies from Pennsylvania State University found that women feel more let down by emotional cheating than the physical act itself, so make every effort to assure her that it was just a poorly timed, badly judged and purely physical dalliance – nothing more.



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IN CIDER SECRETS

IS A SUMMER CIDER DRINKING HABIT ONE TO QUAFF OR QUASH? MH GETS TO THE CORE OF IT

Cider comes into its own between May and October every year, and we neck those bottles of Magners, Rekorderlig and Kopparberg like we're chasing the sun. But, as they're exempt from providing nutritional info, we don't know what's in them. Dr Stephanie Scott from the Human Nutrition Research Centre at Newcastle Uni pores over the details.

01\ THE BIG APPLE

If you're eating summer salads and grilled meats on the barbecue, as well as training in the park, you might be wondering why your waistline is still increasing. It's because that extended Friday drinking session after work is going straight to your stomach. Cider contains around 210 calories per pint, 30 more than your standard lager. Just two bottles is the equivalent of adding a McDonald's double cheeseburger to your daily calorific intake.

02\ SIP A SOFTER DRINK

You can enjoy the fruity golden nectar without the painful hangover, simply by choosing your brand carefully. Try selecting a soft cider such as Strongbow over a hard cider (yes, we're looking at you, scrumpy drinkers) to reduce the alcohol content by 1.5%. Putting ice in your glass can help too, filling it up quicker. This little trick turns one drink into two and encourages you to sip your summer brew more slowly.



03\ ENERGY BOOST

While you're scanning the ingredients label, make sure to keep an eye out for malic acid. It might sound ominous but it's actually a natural energy-boosting byproduct of the carbohydrates that enter your body. In addition to reducing your fatigue levels, malic acid is also found in mouthwashes, because it encourages saliva production and works as an antiseptic to battle bacteria in the mouth. So be sure to swirl your last gulp. Gargling is considered bad form.

04\ PICK OF THE BUNCH

Watch out for extra sugar. The process of making this liquid refreshment should be uncomplicated: juice apples, then use yeast to ferment the fructose into gas and alcohol. But the rise of different fruit 'ciders' has complicated things. Newer sweet berry options swap out fermented apples for carbonated water, sugar, acids and preservatives. This makes them higher in the sweet stuff than your original, more natural pint of cider. Be a man of simpler tastes.

05\ UP THE ANTI

Cider is a renowned powerhouse of disease-fighting antioxidants. But not all ciders are created equal. According to a study of 23 English brands in the *Journal of Agricultural and Food Chemistry*, the antioxidant content of the ciders on the lab bar, er, we mean bench, varied from 44 to 1559 mg/l. Premium cloudy ciders with a low alcohol-by-volume, such as Addlestones, offer the biggest reward of harmful free radical-scrubbing properties versus calories. Opt for the craft brews.

CORE COMPARISONS

	SAME AMOUNT OF ANTIOXIDANTS AS A GLASS OF RED WINE
	=
	SAME SUGAR AS HALF A DOUGHNUT
	=
	FOR 2/3 THE PRICE OF LAGER

LET'S
GO...



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LIBERATE YOUR GYM ROUTINE

FREELETICS PUTS 700+ WORKOUTS AT YOUR FINGERTIPS. WE GET TO GRIPS WITH ITS CLAIMS

If its austere monochrome website is to be believed, Freeletics is not just an app: it's a global community. Sure, that sounds like boardroom branding talk, but the numbers don't lie. Five million 'Free Athletes' in more than 160 countries worldwide are part of this digital fitness movement, which is no mean feat considering that the German-engineered app dropped on the scene less than two years ago.

Standing out in the sweaty crowd of fitness apps is tough – there's been a 62% rise in fitness app offerings so far this year. However, unlike other workout apps, Freeletics doesn't want to be your pal, quietly tracking your steps and counting your calories. It only wants to push you relentlessly toward muscular gains and consistent training.

With over 700 training variations accessible in your library as soon as you open the app, and more unlocked as your fitness improves, it seems a no-brainer. MH hit download to put the app through its paces.



NEW
FRANCHISE

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FREELETICS

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COST FREE
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THE EXPERIENCE

With a newsfeed, followers and regular notifications, Freeletics feels more like a social network than a workout app. Keying in my height, weight and activity level, my experience starts with a fitness assessment that finds out how many burpees I'm able to cram into five minutes. It's not as many as I hope.

My first session is Gaia (as with CrossFit, workouts are named), one of the 19 basic Freeletics settings available on Level One. It comprises 400 reps of varied plyometrics. The circuit of burpees, sit-ups and squats induces something more akin to a pounding hangover than an endorphin rush. The app's coach tells me my aim is just to finish, not be perfect. It records my time and the motivational 'claps' come from my 16 followers.

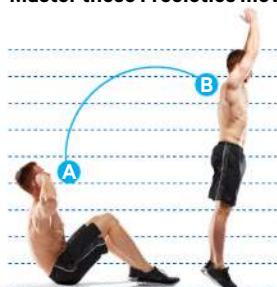
Since the community aspect is such a huge sell for the app, I log onto the Facebook London group and arrange to train with fellow users in real life. It's a small turnout, but apparently similar sessions take place across the capital most days of the week. I start with Venus, hammering out four brutal rounds of 50 press-ups, 20 sit-ups and 50 squats, conscious of the others around me. It's hard to set my pace and by the final round I'm doing 10-rep bursts.

Still, I soar through 400 calories in just under 20 minutes – more with the routine's fat-burning aftereffects. I walk home, counting up the reward points like Mario collecting gold coins. It's been fun.

YOUR CLASS PRIMER

FIT TO FIGHT IN THE FIELD

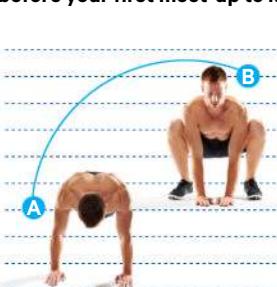
Master these Freeletics moves before your first meet-up to keep you ahead of the pack



STAND-UP JUMP

20 REPS

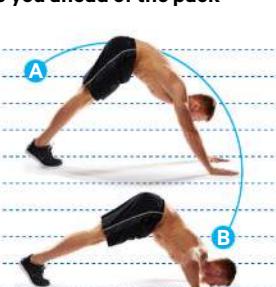
Lie back, bringing your chest and knees up together, but with your feet flat. Using the momentum, drive through your knees into a jump.



FROGGER

20 REPS

Drop to a plank position. With your palms flat, jump your feet forward so they finish beside your hands. Kick back explosively and start again.



PIKE PRESS-UP

20 REPS

Form a triangle with straight legs and flat palms. Brace your core and bend your elbows until you touch your head to the floor; return.

USER FEEDBACK



While free for the basic package, the pro upgrades for the coach and accompanying nutrition guide will cost you up to the £50 mark.



The Freeletics coach icon gives you constant progression and the confidence to do muscle-ups and handstand press-ups.



Some workouts require a pull-up bar and 400m of track in close proximity. If you live near a park, great, but not so good at home.

THE FREELETICS MOBILE
IRREGULARS MEET FOR DRILLS IN LOCAL PARKS

THE VERDICT

It's always been possible to burn fat and build functional strength using your bodyweight alone, but Freeletics adds variety to standard workouts, extra community motivation and a reward points system that encourages competition. The app puts everything you need to succeed at your disposal: exercise tutorials, the option to add friends, transformation stories, data feedback on your workouts, even alternatives to difficult moves for when you have no more to give.

You might be put off by the idea of a newsfeed clogged with other athletes' progress reports and meal snaps, but the social aspect encourages regular training.

The app successfully establishes that working out gym-free, with the aid of nothing but your own willpower, can go head-to-head with our heavy metal culture. Although Freeletics can appear smug and somewhat cult-like, the bottom line is that sessions work you to breaking point and burn a lot of calories. As far as a free pocket-PT goes, you can't push for much more.

PHOTOGRAPH: ROMAN FEE

AT A GLANCE

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GROUP SUPPORT	

SCORE

8/10



FREE YOUR MIND



RECLAIM YOUR JOURNEY

THE MOUNTAINS... THE SEA... THE FREEDOM OF
DESERTED ROADS AND THE BUZZ OF TARMAC BENEATH
YOUR WHEELS – ISN'T IT TIME YOU STOPPED TRAVELLING
WITH THE MASSES AND UPGRADED TO THE OPEN ROAD?





PASSION FOR ADVENTURE

JONATHAN THOMPSON

AWARD-WINNING TRAVEL WRITER

When you travel for a living, you grasp certain things pretty quickly: which seats to book when you're flying economy; which airport security queues are shortest; the best tips for zapping jetlag. But what you never learn, when you're bouncing across countries and continents, is what lies beneath you – and that, frankly, is a waste.

If the journey, as we are told, is half the fun, why surrender 50% of your experience without a second thought? Why not take that control back? You could be travelling in more comfort and style, free to make more exciting decisions than chicken or beef for dinner.

That's what BMW's *Reclaim Your Journey* collaboration is all about. Check out our October issue of *Men's Health*, where we'll be handpicking a group of ambassadors who embody the spirit of adventure and unleashing them on the open road, to explore their own journeys – without checking in two hours before departure with their liquids in small plastic bags. It's about seeking the road less travelled – everything that lies between A and B. Because if you can win back that 50%, your next adventure will be twice as good.

Jonathan Thompson is a professional travel writer contributing to publications including The Daily Telegraph, The Guardian and The Sunday Times Travel magazine. He has won best British and best European features at the British Guild of Travel Writers' Awards



**“WHY SURRENDER 50% OF YOUR
EXPERIENCE WITHOUT A SECOND THOUGHT?
WHY NOT TAKE THAT CONTROL BACK?”**



THE DRIVE

Over the past 40 years, the BMW 3 Series has been a genuine sales phenomenon, with 14 million vehicles sold since production began in 1975.

The updated range of saloon and touring cars is true to that heritage: sleek and comfortable, but powerful and agile enough to whisk you along the road less travelled and glide around its corners in effortless style. Next time you're planning a journey and considering an upgrade, why not make it your car?



RECLAIM YOUR JOURNEY AND REV UP YOUR SPIRIT OF ADVENTURE WITH THE NEW BMW 3 SERIES SALOON AND TOURING MODELS. FOR MORE INFORMATION VISIT BMW.CO.UK/3SERIES

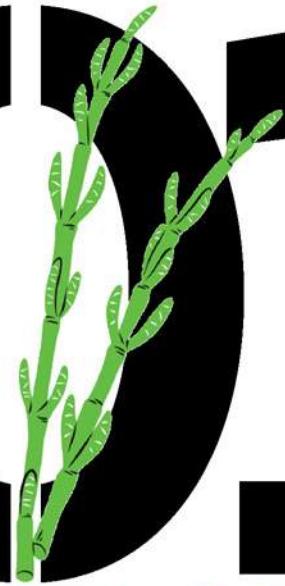


— COMPETITIVE EATING: WE SEE YOUR BURGER AND RAISE IT P84



Men's Health

2015



MAKE YOUR FIVE-A-DAY REALLY COUNT P98



NUTRITION

Issue

FOOD TO STEAK YOUR REPUTATION ON P103 —

Somewhere down the line, eating well got itself a bad rep. Perhaps it was the gym bros, endlessly smashing shakes and obsessing over macros. Maybe it was the #eatclean brigade and a penchant for avocado that borders on idolatry. Either way, none of it holds truck with us. Over the next 36 pages, we've set out to prove that eating should be an event, whatever your goals. We hope you're hungry



SUPERFOODS GO UNDER THE KNIFE P90

THE LONELINESS OF THE LONG DISTANCE EATER

IN JUST A FEW DUDE-FOOD-STUFFED YEARS, COMPETITIVE EATING HAS LEAPT FROM AMERICAN SUBCULTURE TO MAINSTREAM TV TO A GREASY SPOON NEAR YOU. MH HITS THE UK FOOD CHALLENGE CIRCUIT TO SEE IF GLUTTONY IS AS MUCH FUN AS IT LOOKS

WORDS BY SAM ROWE ILLUSTRATION BY HANOCHE PIVEN



TO BECOME A BURGER
KING DEMANDS TOTAL
COMMITMENT. DO YOU
HAVE WHAT IT TAKES?

piven

THE MAN

sitting in the greasy spoon wears a T-shirt bearing the slogan: "These aren't guns. They're cannons." Arrows point to his sizeable biceps. In front of him sits a large – some might say obscenely large – platter of fried food. He squashes a fistful of chips in his hands and rams the compact carb-ball between his jaws. In a few rapid chews, it is gone. A swiftly assembled egg-and-bacon sandwich is subsequently dispatched in just three more bites. Stopping briefly for a glug of water, the man contorts his 6ft 5in frame like a snake, as if to rearrange his insides and free up space. A small group of bemused diners murmur their approval.

After just 28 minutes and 20 seconds, the entire food mountain is devoured. This is the first time anyone has surmounted the 4kg feast served up at the Hard Boiled Egg Café in Cavan, Ireland – acknowledged by Guinness World Records as the largest English breakfast on the planet – within the 60-minute limit. His spoils? A commemorative T-shirt, the €19.95 cost of the meal waived by the host, and – one assumes – a hefty bout of indigestion.

Over 1.1million people have watched this episode on YouTube. You will have seen similar feats on television in the form of *Man v. Food* and *Diners, Drive-Ins and Dives*, of course, but this is somewhat lower in key. There is no film crew, no production trailer, no whooping crowd, no slick idents. Just a camcorder in a half-empty Irish café and a former US construction worker called Randy Santel with a supersized bit between his teeth.

LORD OF THE ONION RINGS

Santel has the physique of a fitness model and the dietary proclivities of a hungry elephant. Since becoming a competitive eater and part-time bodybuilder, he has established himself as one of Earth's most prodigious gluttons. Aged 29, his remarkable record of 254 food challenge victories in eight countries and 22 US



BURN RECORD CALORIES

Joey Chestnut's 69 hot dogs in 10min contained 10,419kcal, but undoing the damage takes a lot longer. Work off 1000kcal in 60min with two rounds of this circuit from Sandy Macaskill of Barry's Bootcamp. It's a good start...

01



TREADMILL

12 MINUTES
Start with a jog and increase the speed by 1mph every 30sec for 5min. Walk 1min. Spend 6min doing 30sec flat-out, 30sec jogging. Wobble to the weights room.

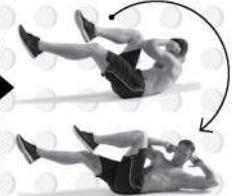
02



SQUAT & PRESS

60 SECONDS
With dumbbells at your shoulders, drop into a squat. Push up, extending the DBs above your head. Lower and sink into the next squat. Feel it in your buns.

03



BICYCLE CRUNCH

90 SECONDS
Lie flat, lift up your shoulders and pedal your legs, bringing the opposite elbow to your knee. Repeat on the other side and alternate to get your fat-burning on a roll.

"IT BECAME A COMPETITION WITH MYSELF TO STAY LEAN WHILE DOING THESE FOOD CHALLENGES. I ALWAYS SAY I LIFT TO EAT"

IF YOUR HEAD IS SET ON GLUTTONOUS GLORY, YOU'RE FACING SOME SERIOUS COMPETITION



04



RENEGADE ROW

60 SECONDS
In a press-up position holding kettlebells, row one weight into your abs. Return to the floor. Repeat with the other arm. Put some extra mustard on those reps.



JUMPING LUNGE

90 SECONDS
Lunge forward, jump up and switch legs in mid-air. Go back to the squat/press and do another set of each. That's round one complete – now back to the treadmill.

PHOTOGRAPHY: HESTR STUDIOS | FOOD STYLING: LUCY RUTH HATHAWAY | FOOD STYLING ASSISTANT: MITZ SCULLOOS | PROP DESIGN: DAN WRIGHT | RETRO BARBER BOARD ROSE & GREY ROSEANDGREY.CO.UK

states outranks any other eater on the competitive eating scene. Living at home with his parents in Missouri and vowing to abstain from a committed relationship until he achieves his eating goals (500 wins), Santel's life revolves around this unconventional vocation. "I've always loved to eat," he tells me, "so it became a competition with myself: to maintain my physique and be lean, while doing all these food challenges. I always say I lift to eat."

His existence is a boom/bust cycle that sees him tour multiple countries to tick off food challenges, then spend the subsequent months repairing the damage with a strict diet and gym regime. Santel's most recent binge odyssey was a 44-day journey around the UK in early 2015, the results of which he documented on his website with all the detail of a sporting almanac. Over the course of six weeks he triumphed in 41 of his 43 challenges, ingesting over 200,000 calories in the process.

It was this British odyssey that caught my attention. As a civilized, mature, health-aware individual, I realise that I am supposed to be appalled by such behaviour. When researching this piece one food writer told me, somewhat piously, that such antics display "a poverty of intellect" and represent "an insult to anyone with a sense of decency". But it's a sentiment I can't share. Owing to a crappy metabolism and a complex relationship with my gym card, my waist size is in constant flux. So on one level, I'm intrigued by the simple biochemistry of it all – just how does he do it? On another, there's the geography. We're used to seeing this sort of thing over in the US – they do everything big after all – but Walsall? Swansea? Leeds? What possesses a man to cross the Atlantic and sit in a barren bar in Dundee with the sole purpose of eating 18kg of steak and haggis? And all for the sake of a Polaroid on the wall? I reason that there's only one way to find out, so I embark on my own abridged version of Santel's UK tour: five days, five cities, five monster meals.

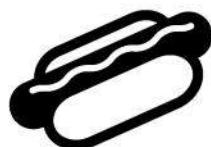
GRILLING IN THE NAME OF

Stepping on the scales at a private health facility on day one of my eating quest, I can't help but feel pangs of guilt. At least, I think it's guilt – since I've not eaten for 18

hours, it could feasibly be hunger. Having spent days studying Santel's exhaustive online how-to guides (Training Stomach Capacity, Staying Ripped etc) and trying to stretch my abdomen by upping my water intake, I'm wary of disparagement.

My concerns are justified. "This is a dangerous pursuit and my medical advice would be, in no uncertain terms, not to try this at home or in competition," is the unequivocal verdict of Dr Deryk Waller, senior associate doctor at Blossoms Healthcare. "Binge eating can cause peptic ulcers in the gastrointestinal tract and further stomach perforations in those people with pre-existing ulcers. This would constitute a medical emergency."

Dr Duane Mellor, spokesperson for the British Dietetic Association, likewise urges caution. "You are going to be consuming a lot of energy and your body's got to do something with it," he explains. "Not only will it increase your chances of putting on weight, the risk of long-term conditions like diabetes and heart disease increase, too. I wouldn't recommend it."



69 RECORD FOR HOTDOGS EATEN IN 10 MINUTES

It is with these cheery prognoses echoing in my head that I arrive at Jones' Café Bistro in Leicester, home of the diabolic 666 Breakfast Challenge. In fact, it should really be called the 666666 Challenge, including as it does six rashers of bacon, six eggs, six sausages, six hash browns, six pancakes and six slices of toast. That's around 4500 calories in total – just under twice the daily

guideline amount for men. When Santel visited here in January he ate the lot in under 12 minutes (the time limit is 30 minutes), becoming only the eighth person to complete the challenge.

Whereas Leicester's fast and curious came out to watch Santel do his thing, by the midpoint of my rather more languid display I am the restaurant's sole patron. There had been another customer but she left with a sneer as I broached my third sausage. It's a pretty dismal affair. Despite a high mastication tempo in the early few minutes, by the end my pace decreases to slow-motion – each bite of lukewarm toast a chore as my jaw aches from the exertion. I'm a loser, a bloated one at that, and I've had to fork out £15 for the privilege.

According to Randy Santel's foodchallenges.com – a compendium that offers tips to budding eaters, plus

a geographical breakdown of every known challenge worldwide – Britain is now second only to the USA in the number of eating contests staged. Sitting alone and dyspeptic in Jones' Café this is difficult to believe, though the man on the till tells me it's a big hit with students in the area.

Convinced that my faltering start is in part down to the lack of morale-boosting support, I make contact with the godfather of dive-joint challenges, *Man v. Food*'s Adam Richman, and ask him about crowd power. "There is nothing like having a room full of people cheering you on to victory," he readily admits over the phone from LA. "There's an everyman element to it. We can't all dunk like LeBron James or score goals like Harry Kane. But we all can eat."

Listening to him talk you glean a palpable sense of the US love affair with competitive eating, and it's certainly a far cry from Leicester. Nathan's Famous Hot Dog Eating Contest, Richman tells me, takes place on New York's Coney Island every Fourth of July and is now a staple of Independence Day festivities. It is broadcast live to millions on television. A 2011 poll revealed that more Americans were interested in the Nathan's event than they were in Wimbledon.

HEROES IN A HALF BUN

Nathan's has spawned some bona fide eating celebrities. There's Joey 'Jaws' Chestnut, aged 31, the current custodian of Nathan's 'Mustard Belt' with eight consecutive wins to his name. In 2013 he set the Coney Island record by devouring 69 hot dogs and buns (HDB in eat-speak) in 10 minutes. Chestnut's long-time nemesis is Takeru Kobayashi, aged 37 and incongruously rake-thin. The Japanese eater shot to fame on his first appearance in 2001 by swallowing 50 HDBs in 12 minutes, doubling the previous record. His trademark methods – such as splitting the frankfurters in half and dunking the buns in water to soften them (known as the Solomon Method), and contorting his body to force food down the oesophagus (the Kobayashi Shake) – were contentious once but are now the industry standard.

I manage to track down Kobayashi to his New York apartment. How does a man

keep going for so long and maintain both his appetite and his figure? "Since I am the world's greatest, I want to see how far I can take myself, to what level I can actually go," Kobayashi explains, his Japanese sieved into English and recited back to me by Maggie, his translator and girlfriend. "I think it's the same as any athlete. There's a certain type of human who, when they get addicted to something, they have to figure it out and do it. Mentally speaking, I think we are closest to bodybuilders. They don't care whether people say they're freaks. They just continue to focus on how to experiment with their bodies and reach their goals."

A few days into my journey and I certainly don't feel like an athlete. After purging my system of its contents with the assistance of some fibre tablets (another tip from Santel), I manage to chalk up a first victory: Mission Burrito's El Triple Burrito Challenge in Oxford. Unsurprisingly, it consists of three tortilla packages – one carnitas pork, one chicken, one chilli beef – each bulked out with cheese, guacamole, beans and peppers. I opt to listen to my high-BPM gym playlist over the Santel-approved power pop.

This time around I have an audience, although it is a rather meagre crowd of one: a confused-looking tourist who asks to take my picture once she notices my lunch is three times bigger than hers. My fan aside, the restaurant is empty. I can't even hold the attention of my server, who wanders off to clean the counter 10 seconds into my attempt. Nevertheless, I succeed. As I'm presented with a T-shirt to mark my achievement, I'm told my time of 12 minutes and 15 seconds is respectable, and aside from the literal gut punch that ingesting 1.8kg of food delivers, I feel a twinge of pride.

The same cannot be said, however, for the rest of my week on the road. In the tiny Welsh village of Llandegla I am served a narrow blow by The Plough Inn's Mega Monster Mixed Grill Challenge (gammon, lamb chops, steak, sausages and black pudding atop a pile of fries, onion rings and, tauntingly, a side salad). The following day in Portsmouth brings with it another defeat, courtesy of The Fleet's Beat The Meat Burger Challenge (five 6oz burgers, four hash browns, bacon, cheese, chicken breast, onion rings and chips). On this occasion I am forced to forfeit just a few bites from success when I lose control

TOUGH EGG TO CRACK:
THE WAR BETWEEN MAN
AND FOOD IS WAGED IN
BOTH MIND AND BODY

"WE CAN'T
ALL DUNK
LIKE LEBRON
JAMES OR
SCORE GOALS
LIKE HARRY
KANE. BUT WE
ALL CAN EAT"

of my bodily functions and have to run for the lavatory. One especially discreditable evening in Staines sees me fall eight ounces short of conquering the Spur Steak and Grill's 68oz steak challenge, the sheer mathematics of the meal proving too much for my tender, distended stomach.

In short, I feel ruined. When I first spoke to Adam Richman about my challenge, he had advised vigilance: "My doctor said, 'I need you to start looking at 35 minutes of cardio like a pill and you must take that daily'. And so after the challenges I'd fight the urge to sleep, take a gallon of water and go to a treadmill." I had fully intended to heed this advice, but in practice it proves

THE LONELINESS OF THE LONG DISTANCE EATER



GREAT BRITISH BINGE-OFF

Follow this road map to break calorie-even on your own eating odyssey and path to recovery

01 Amalia's Calzone Challenge

Where Amalia's Italian, Liverpool
What 5lb meat and cheese calzone

Time 30min
Kcal 6840
Bust your gut
9 hours of spinning

02 Pit and Pendulum's Leaning Tower of Dessert

Where Pit and Pendulum pub, Nottingham
What 12 scoops ice cream, 6 donuts, 3 waffles

Time 12min
Kcal 5633
Bust your gut
5.5 hours of HIIT

03 BIG Boston Belly Buster Burger Challenge

Where Smokey's American Grill, Trowbridge
What 12½lb patties topped with bacon, cheese and pulled pork

Time 60min
Kcal 7629
Bust your gut 14 hours of rowing

04 The Skylark Sports Bar's 50oz Steak Challenge

Where Skylark Golf and Country Club, Whiteley
What 50oz ribeye steak, onion rings, fries

Time 50min
Kcal 7110
Bust your gut 10 hours of tennis

05 Country Arms Sausage Roll Challenge

Where The Country Arms, Wandsworth
What 2ft-long sausage roll

Time 5min
Kcal 1752
Bust your gut 3 hours of walking

06 Longhorns' Breaking Badass BBQ Challenge

Where Longhorns BBQ Smokehouse, Newcastle
What 7lb BBQ meat: pulled pork, ribs, wings, sausage

Time 60min
Kcal 7938
Bust your gut 17 hours of weight training

close to 1kg per day. And what else do I have to show for my efforts? There's a commemorative T-shirt I'll never wear, £125 I'll never see again, acute lethargy, vicious mood swings and my first outbreak of spots since I was 16. In a week, I have gone from an excitable food-challenge fanboy to a miserable, sickly mess.

But what about Randy Santel and Takeru Kobayashi? These are the men who

buck the trend, who inspired me to hop on the gravy train in the first place. I decide to put last calls in to both. It turns out that Kobayashi is no longer quite the athlete he claimed to be. After 14 years in the game, he is beset with health conditions. His kidneys don't work well when competing, his posture is permanently hunched and he suffers from temporomandibular joint dysfunction – that's arthritis

of the jaw to you and me. "Ten years ago I would have said, 'If I die from this, it's fine', but your priorities change," confesses Kobayashi. "As of now I have no regrets, but if I get stomach, throat or oesophagus cancer, I don't know how I'll feel."

Santel is more upbeat, casually swatting away concerns with fairly unconvincing biological reasoning. "I basically treat my stomach kind of like my biceps, chest or whatever," he says. "I mean, you can over-train, but if you practice moderation then you're letting your body recover and rejuvenate. Your body has its triggers to protect itself – if you drink a whole bunch of alcohol, your body will make you throw it up so you can be better. If you fill up your stomach with food to a point it can't handle, it'll get you throwing it up before it starts to burst."

If that sounds grossly unappealing, it's because it truly is. Take it from me. After one failed challenge, my insides throbbed to the point of agony. Without a viable alternative, I forced two fingers down my throat and threw up the food I had eaten not one hour previously. Sadly, no amount of fame, novelty T-shirts or free dinners could ever rid me of the bad taste it left. The reason for Santel's YouTube success and the endless reruns of *Man v. Food* is that everyone involved manages to make insatiable pathological engorgement look like a day at the races. My advice is to keep pressing replay. Because the reality is a lot harder to stomach.

unrealistic. At the end of day four I attempt a bodyweight workout on the floor of my hotel room, but within a minute I'm a wheezing mess. Subsequent efforts are listless; I note with each passing day both my increasing weight and my waning strength; motivation and stamina evaporate. Worst of all, I feel stupid. Did I really believe it would be any different?

BURNT AT THE STEAK

After five days on the road I return home for my follow-up medical. My BMI, previously in the 'normal' range, is now classified as 'unhealthy'. Blood tests reveal that my fasting glucose has increased, though overall cholesterol is unchanged. The most troubling statistic is provided by the scales: a 4.8kg increase in weight,

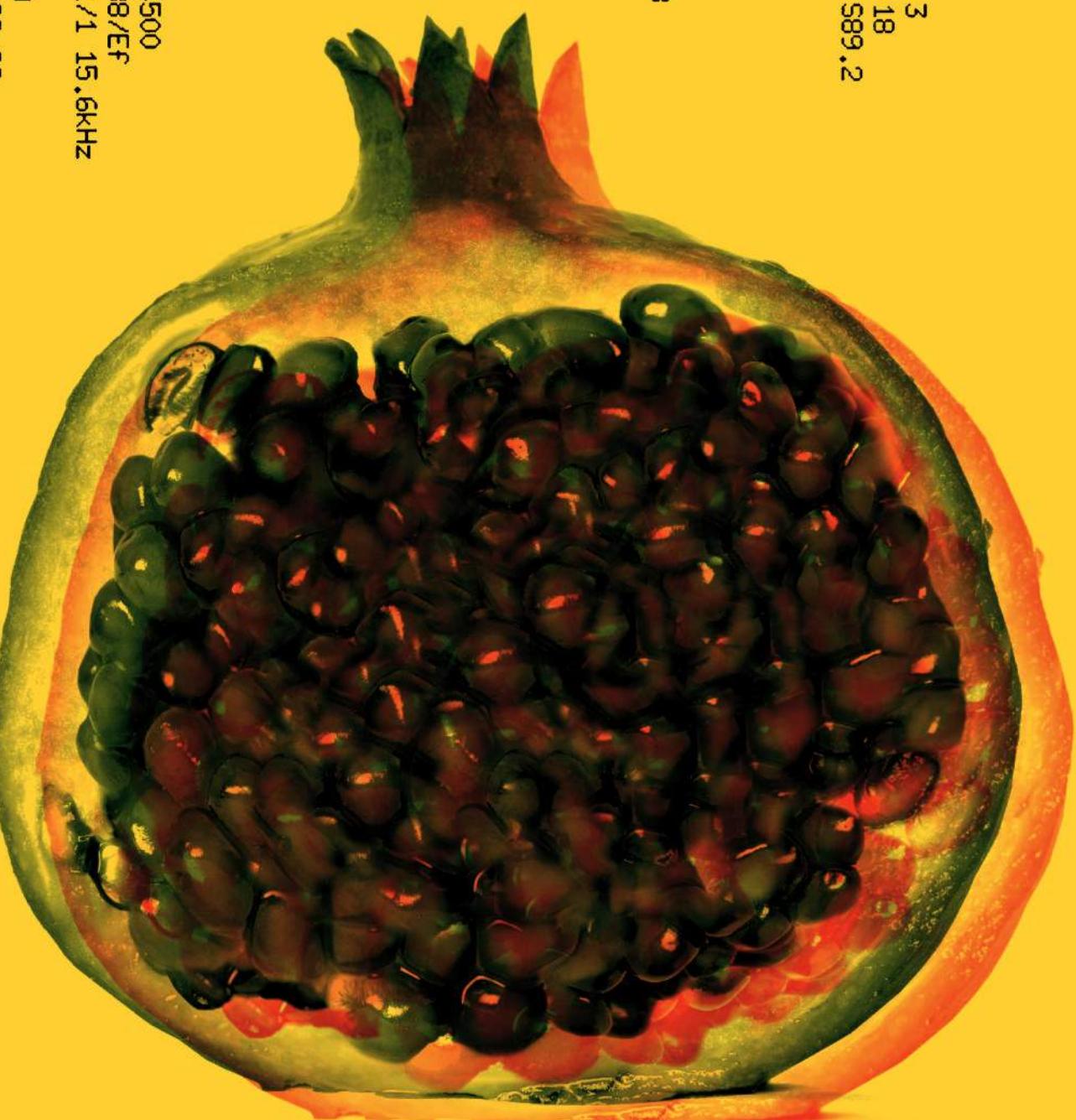
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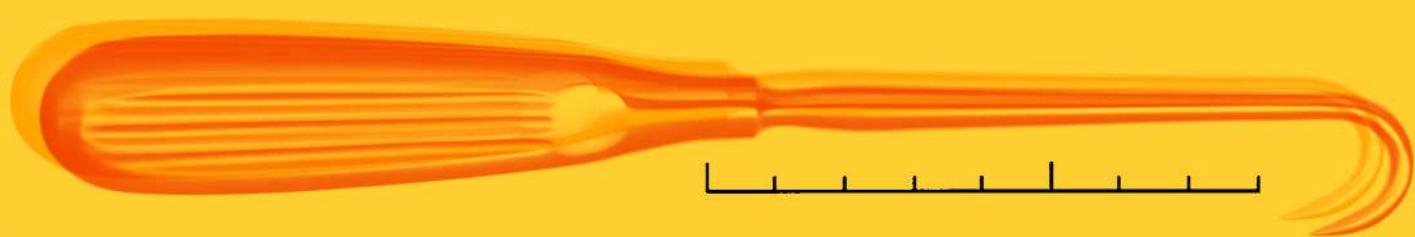
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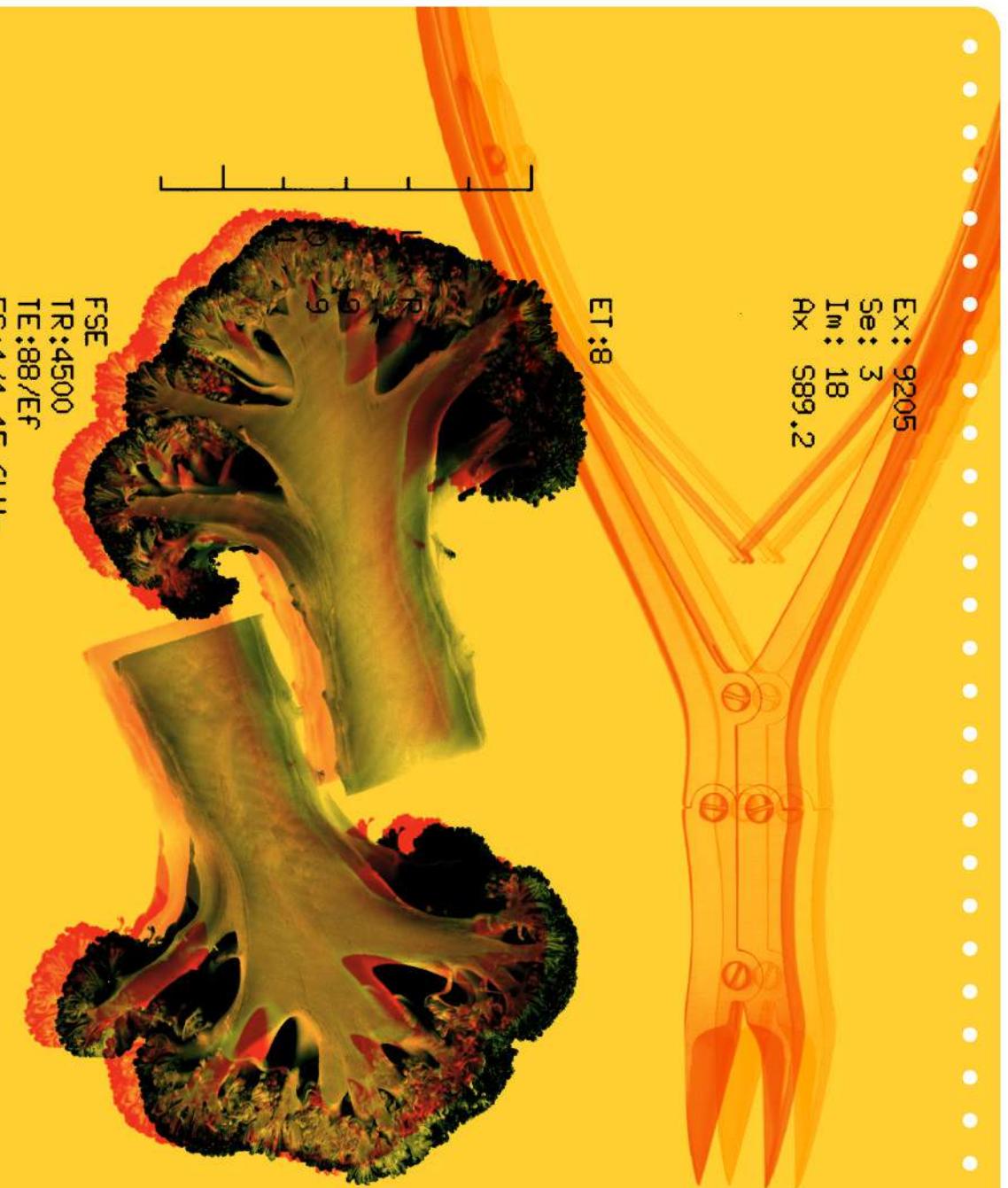
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Superfoods On Trial

When confronted by a double act of trusted science and PR puff, it can be difficult to discern superfood from super-fad. MH put 10 usual suspects in the dock to examine the evidence

YOUR EXPERT JURY



Brian Ford
Research biologist,
professor and
author of *The
Future of Food*



James Collins
Sport and exercise
nutritionist at
Harley Street's
Centre for Health
and Human
Performance



Joey Lott
Author of *Food
Myths: Going
Beyond the Health
Food Fads and
Getting Real about
Science, Health,
and Nutrition*

01 Blueberries

THE CLAIMS

The shirt-staining wonder-orbs burst with vit C, vit K and blood sugar-balancing manganese. Studies have even suggested they fight cancer and boost memory.

THE CASE HISTORY

Smart farmers, not yummy mummies, are behind the hype. "Blueberries are heavily promoted by producers, eager to swell their coffers," says Ford. "Yes, they contain antioxidants but most fruits do. One study suggested they reduce heart attack risk, but the subjects were also eating strawberries."

THE EVIDENCE

Not exactly well rounded. Most of the cancer and memory studies were conducted on animals and there is no evidence that the anthocyanins in blueberries – which decrease cancer-causing free radical damage – are absorbed by humans. Very much a superfood if you're a mouse, though.

THE VERDICT

Blueberries will arm you with flu-fighting vitamin C and the antioxidants minimise muscle soreness after exercise – but you can pick whatever berries are in season. "Raspberries, blackberries and strawberries are very similar," says Collins.

02 Chia seeds

THE CLAIMS

Chia fans – AKA food-fad-followers – say the South American seeds have eight times more omega-3 than salmon and are rich in appetite-quenching fibre and muscle-bulking protein.

THE CASE HISTORY

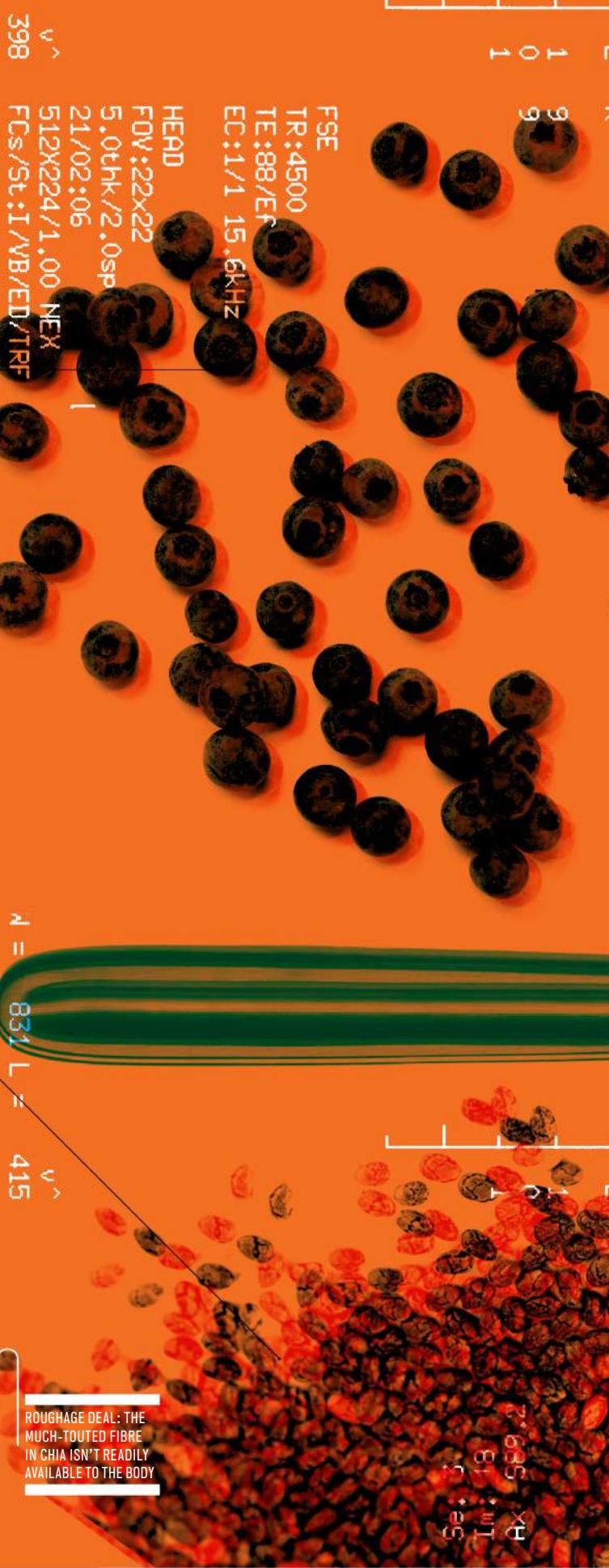
For you, it's a high-cost health shop staple; for farmers, it's just a new way to make a mint. "Chia – a plant from the mint family – grows in poor soil, so is promoted to make money from otherwise fruitless ground," says Ford. "Omega-3 is its selling point, but it is not easily absorbed in this form."

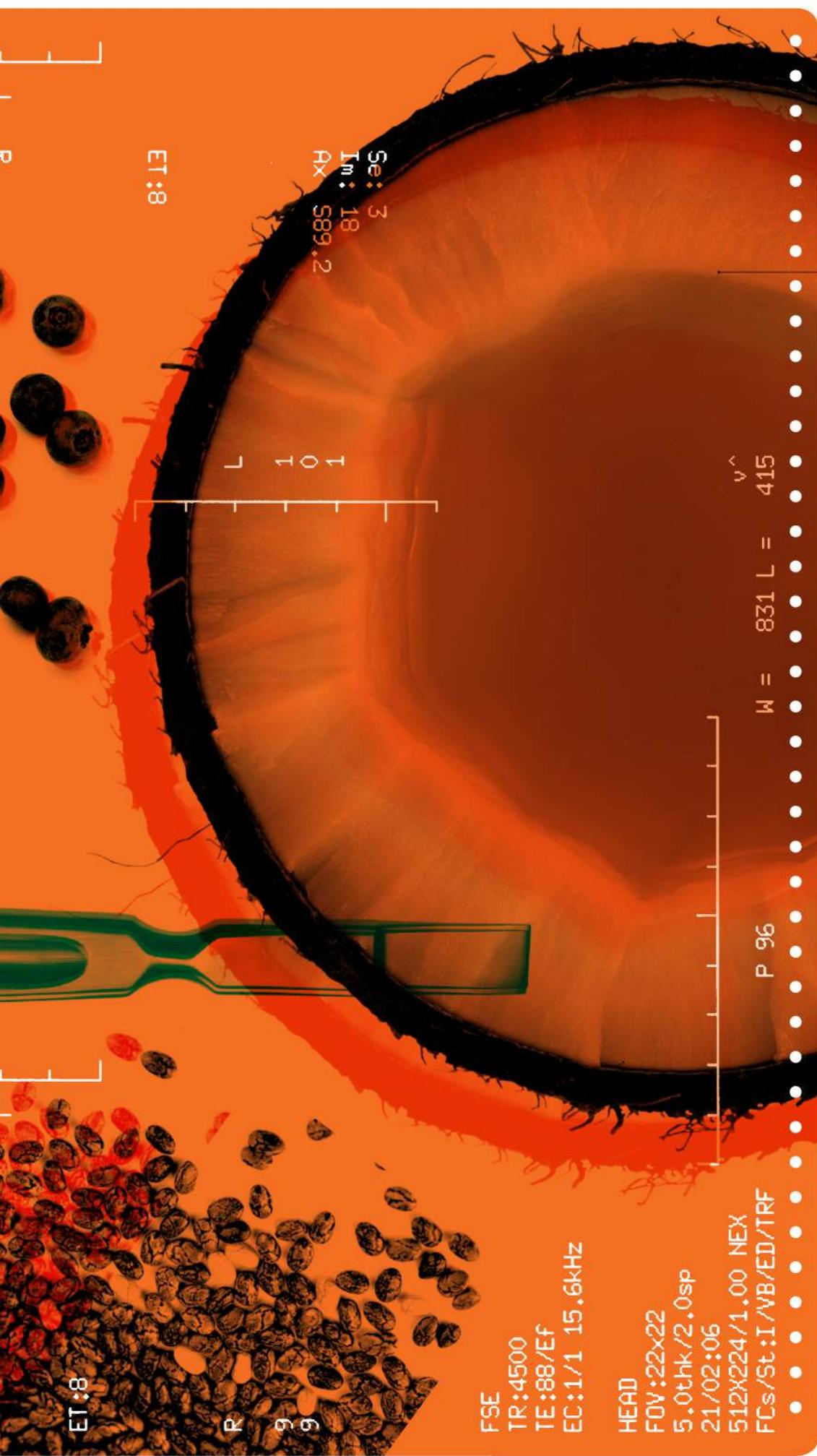
THE EVIDENCE

Minty fresh it ain't. A 28g dose of chia seeds contains 4g of protein and 11g of fibre, but some of the marketing claims are so wild they don't even make sense. "Consumers are taught that chia seeds rid the body of free radicals – but these help us fight bacteria and aid cell communication," says Ford.

THE VERDICT

They might be a good source of protein, carbs, vitamins and minerals, but the tiny seeds come with a hefty price tag. For a more affordable fibre-and-protein hit, snack on apple slices with a generous side of brie.





03 Coconut water

THE CLAIMS

Coconut water is pitched as a natural hydration product rich in electrolytes and sugars, which energise your workout. A sort of hipster Lucozade, if you will.

THE CASE HISTORY

"Industrialists discovered that impoverished farmers were dumping coconut water as they processed the more valuable coconut flesh," says Lott. And so, in a profitable interpretation of 'waste not, want not', the byproduct was dressed in fancy packaging and became the LA yogi's bottled salvation.

THE EVIDENCE

Conflicting. One study in *Medicine & Science in Sports & Exercise* suggests this tropical H₂O is as effective as a sports drink, with five times more potassium to help ease muscle contractions. But don't pour your Powerade down the sink just yet. It contains a third less salt than sports drinks, hence why a rival 2012 study proved it was no better for hydration than water.

THE VERDICT

Slurp it if you like the taste, but never during fat-burning sessions. "It has a high sugar content, which switches off fat metabolism," says Collins. "During heavy training, just drink water with some low-sugar cordial. In athlete tests, orange outscores lemon and lime."

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04 Beetroot juice

THE CLAIMS

Beetroot juice is flogged as a miracle elixir that lowers blood pressure and ramps up your marathon stamina.

THE CASE HISTORY

No X-Files conspiracies here: the research is solid. Sign up to the fan club, just don't get too swept away with the hype. "Beetroot is just a mutant turnip that over-produces betanin, which turns it red," says Ford. "It contains the same healthy compounds and nitrates as other veg."

THE EVIDENCE

The science is compelling. A 2013 review revealed that beetroot converts nitrates into nitric oxide, which lowers blood pressure; and a separate study showed the root vegetable improves the endurance of recreational athletes more than it helps elite athletes. Bad news for Cristiano Ronaldo; awesome news for you.

THE VERDICT

This is one superfood with no stains on its conscience (though we can't say the same for your T-shirt). Beetroot juice will inject you with blood-building iron and folate, and a 2012 study in the *Journal of Physiology* showed that it reduces the oxygen cost of exercise. But it's not alone. "Green leafy veg can have a similar effect," says Collins. So swap your usual pre-workout powder for a home-juiced, stamina-boosting smoothie.

05 Almonds

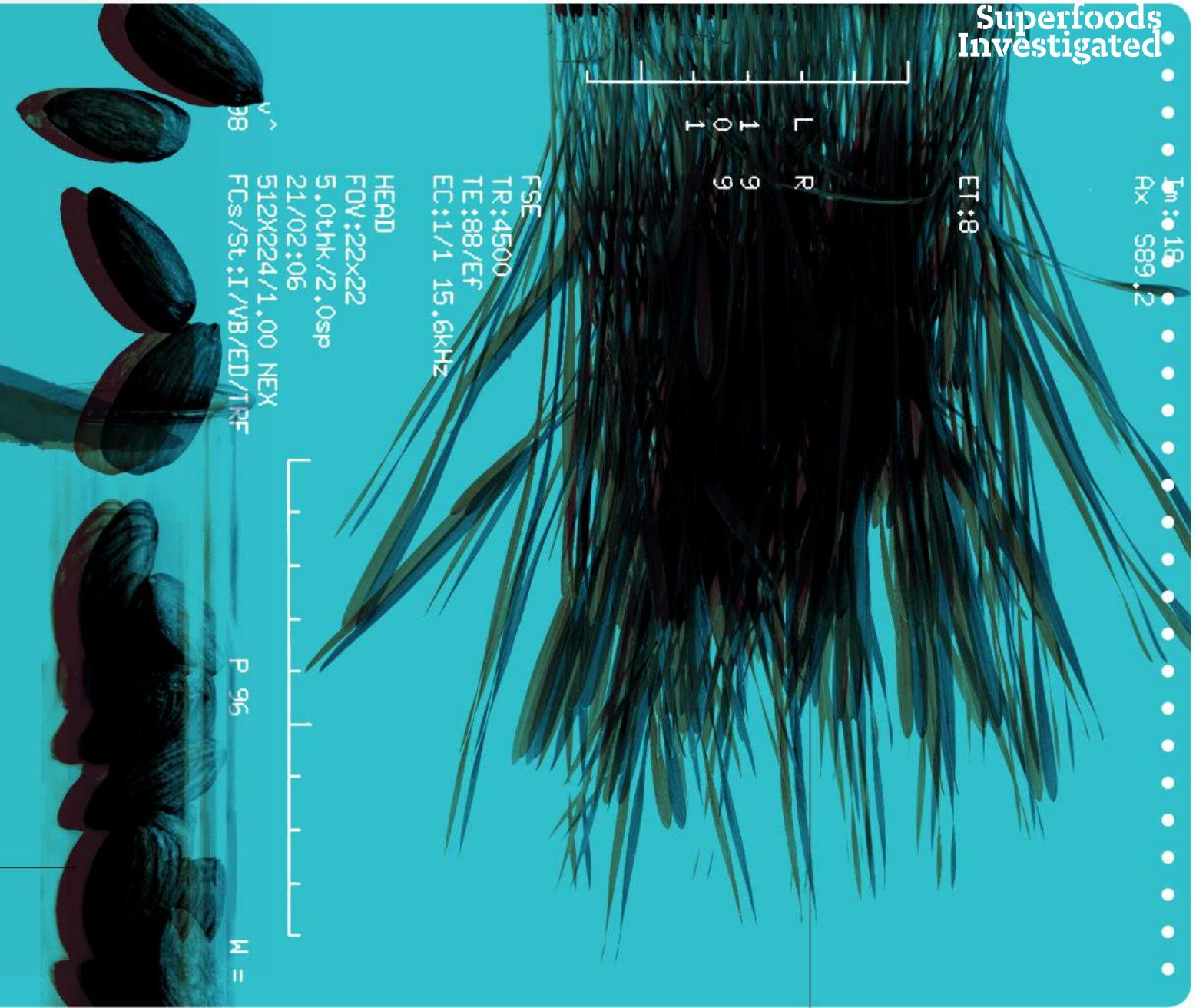
THE CLAIMS

The super-nut is said to protect your heart, minimise weight gain and extend your life. Too perfect a snack?

THE CASE HISTORY

Almonds have overtaken peanuts as the most scoffed nut in the USA, thanks in no small part to the anti-lactose health nuts home-brewing almond milk. "A truckload can be worth £100,000, so they're highly profitable," says Ford.

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THE EVIDENCE

The hipsters have it right: almonds are worth more than peanuts. A study in *Obesity* showed that people who ate fibre-packed almonds twice a week were 31% less likely to pack on weight. Just don't milk them for all they're worth. "There are 570 calories per 100g, compared with 700 for butter," warns Ford.

THE VERDICT

Feel free to buy cheaper nuts: a Harvard University study proved that eating a handful of any variety once a day boosts lifespan by 20%.

THE GRASS ISN'T GREENER: SIMILAR BENEFITS HAVE BEEN ATTRIBUTED TO BARLEY GRASS, BUT THE SCIENCE IS JUST AS SPURIOUS

06 Wheatgrass

THE CLAIMS

Its devotees insist a 30ml shot of wheatgrass juice contains as many nutrients as 1kg of veg, as well as building red blood cells.

THE CASE HISTORY

The buzz was created, not in Notting Hill last September, but by American agricultural chemist Charles Schnabel in the '30s. "He was granted a patent during the Great Depression, so he worked hard to convince the public it was nutritious," says Lott.

THE EVIDENCE

Thin on the ground. The British Dietetic Association says wheatgrass doesn't even count toward your five-a-day. And the blood story is a con. "The plant's chlorophyll is said to produce oxygen-carrying haemoglobin, but in reality the body just breaks it down," explains Ford. "It's like sipping a lawn." Tastes like it, too.

THE VERDICT

One shot provides 80% of your daily need of eye-boosting vitamin A, but for a cheaper and broader nutrient hit, switch to spinach: 30g contains 22 times more mood-boosting beta-carotene, three times more heart-protecting magnesium and infinitely more pleasure on the palate. And for a real energy hit without the grassy aftertaste, favour soybeans: their B vitamins help metabolise carbs for fuel.

07 Pomegranate juice

THE CLAIMS

Big-money advertising campaigns say the juice's antioxidants tackle high blood pressure and heart disease, while speeding up post-exercise recovery too.

THE CASE HISTORY

"Pomegranate juice was always cheap and unpopular so corporations found new ways to market it," says Ford. Turns out, the more expensive they made it, the more popular it became. But don't get juiced by the Don Drapers of the pomegranate industry. "The US Federal Trade Commission is investigating misleading ads by companies who get rich on groundless beliefs. It's their bank balance that gets healthy, not you."

THE EVIDENCE

Unsatisfactory. One study showed the ruby-red juice prevented heart problems – but only 45 people took part. And most of the fruit's heart-boosting polyphenols are in the inedible peel, which is a bitter truth to swallow. However, a *Journal of Strength and Conditioning Research* paper proved it does at least help athletes recover from weight training.

THE VERDICT

Glugging 100ml will give you 12% of your RDA of immunity-boosting vitamin C and 16% of your bone-building vitamin K, but it will also cost you an arm and a leg. Stick to the whole fruit – with a dollop of Greek yoghurt – for a recovery snack with no added sugar.

08 Goji berries

THE CLAIMS

Modern brands claim these berries from China improve immunity, elevate brain activity, increase lifespan and turn you into a demi god of near limitless power. That anyone could have survived pre-goji beggars belief.

THE CASE HISTORY

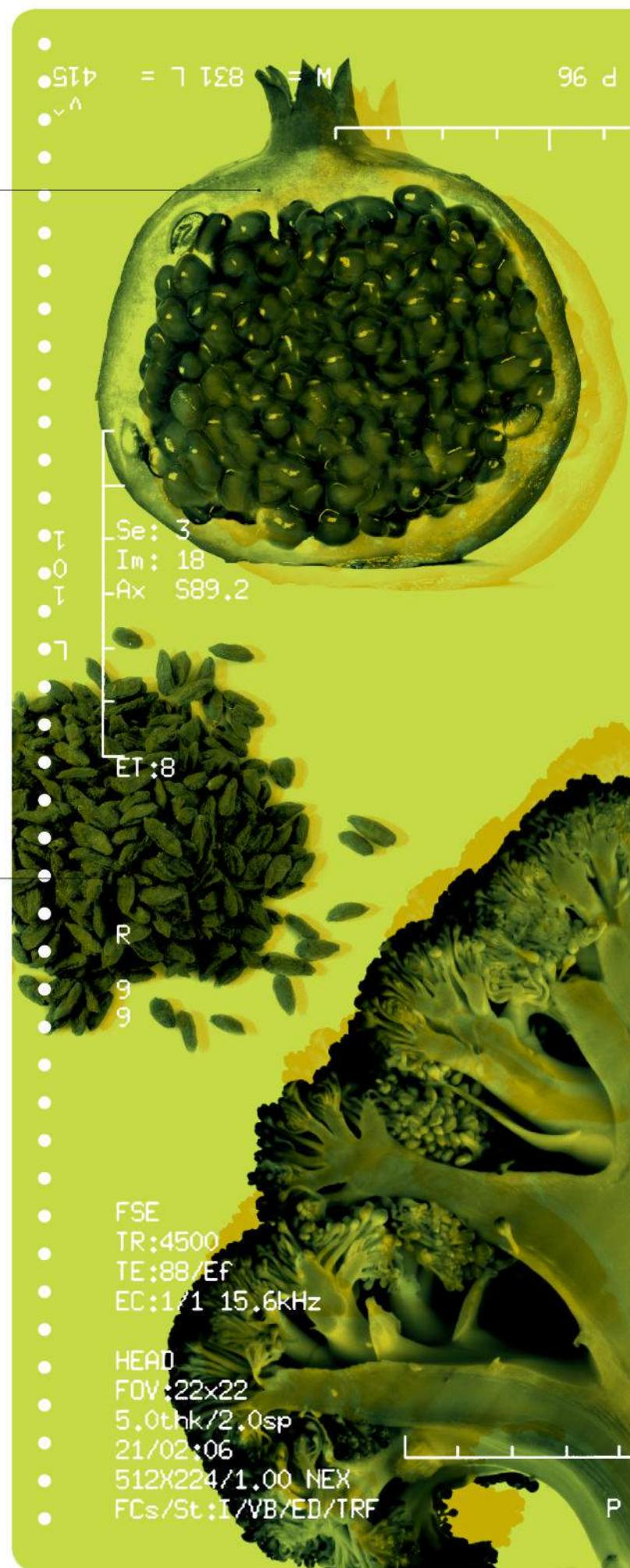
As historically grounded as *The Hobbit*. In his film *The Fruit Hunters*, Adam Leith Gollner reveals how nutritionist Earl Mindell turned the world's attention to the berry in his 2003 work *Goji: The Himalayan Health Secret* – which tells the tale of Li Qing-Yuen, a Chinese man who ate the fruit and lived for 252 years. Believe in Bilbo, and you might believe that too.

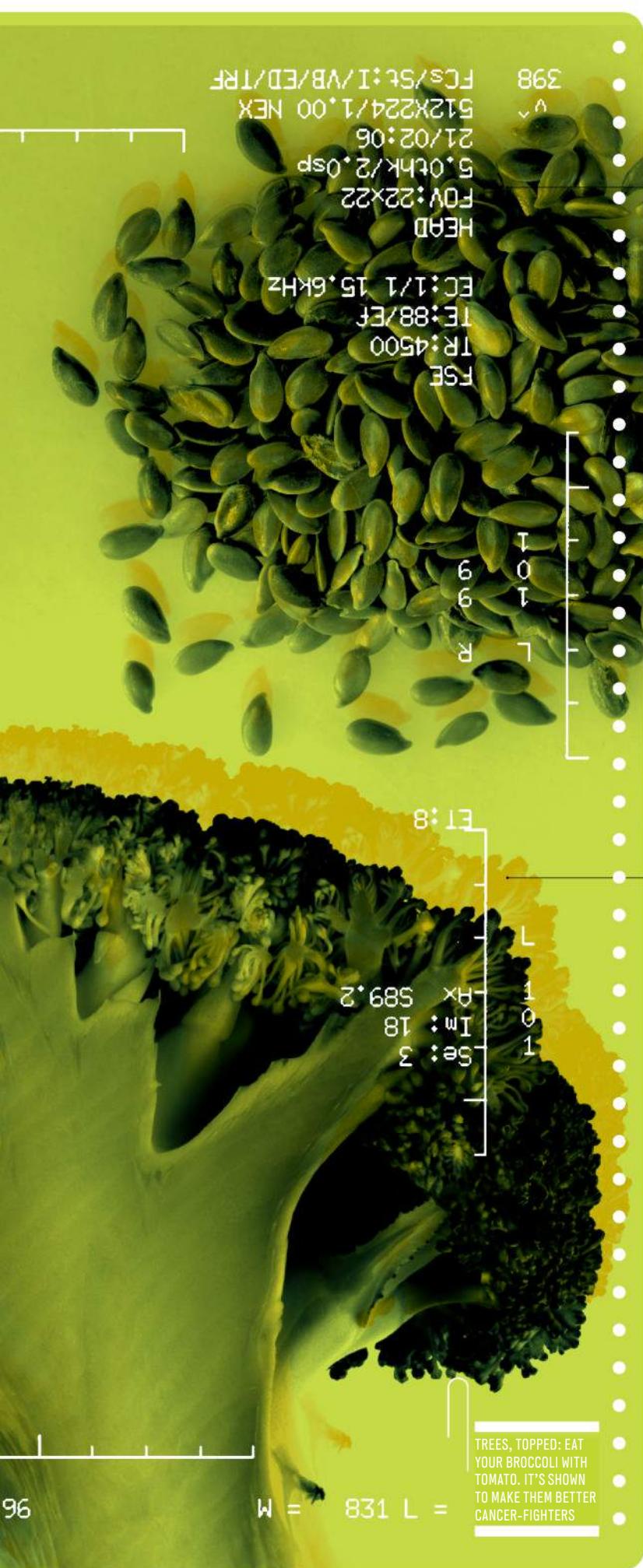
THE EVIDENCE

Flimsy at best. The immunity studies were performed in labs using purified and concentrated extracts that are prohibitively expensive, while the 2008 study that suggested goji berries enhance brain activity involved just 34 subjects.

THE VERDICT

"Goji berries do have a high antioxidant content which aids immunity," says Collins. "But is it worth paying more for these than other berries? Definitely not. Tart cherries have a similar taste and nutritional profile." For a real mental lift, sprinkle turmeric over steamed greens: a study published in the *Journal of Psychopharmacology* proved it boosts alertness and mood within 60 minutes.





09 Flaxseed

THE CLAIMS

Health food gurus and the #eatclean queens of Instagram believe sprinkling flaxseed into your morning porridge lowers cholesterol, reduces heart disease and stabilises blood sugar.

THE CASE HISTORY

"Flax wasn't really eaten until the late 20th century because it was traditionally used in the manufacturing of textiles," says Lott. That's right, your £6-a-pack grain was used to make bed sheets and pants. "When cotton made flax less profitable, the industry started duping us into eating the stuff." (You wouldn't sprinkle cotton over your breakfast, would you?)

THE EVIDENCE

Flashing hot and cold. A Greek study implied alpha-linolenic acid, an omega-3 in flaxseed, fights cholesterol – but a 2009 review revealed this was in postmenopausal women, not gym-going men. The National Centre for Complementary and Integrative Health says there is insufficient evidence to show that flaxseed prevents heart disease. But at least you know what to get grandma for her birthday.

THE VERDICT

Flaxseed does contain blood-stabilising protein and fibre. "But the plant form of omega-3 is not as beneficial as that of fish," says Ford. For a superior, cheaper dose of protein, fibre and omega-3, start your day with eggs, oat bread and mackerel.

10 Broccoli

THE CLAIMS

The Godfather of green superfoods, broccoli is said to lower blood pressure, fight cancer and galvanise your body with hunger-busting fibre, blood-clotting vitamin K and depression-slashing folic acid.

THE CASE HISTORY

So much for keeping it in the family. "What people call 'broccoli' is in fact 'calabrese,'" explains Ford. "Broccoli has purple flowers and slender stems, but the dense heads of calabrese are a form of kale. They have a similar nutritional profile, but not all broccoli and calabrese have the compounds that lower cancer-causing molecules."

THE EVIDENCE

Forget about it. A University of Liverpool study showed that broccoli could prevent cancer, but wider evidence is inconclusive; and a 2010 research paper revealed that broccoli doesn't reduce blood pressure. But it's not all bad news: one cup (90g) still provides 245% of your RDA of vitamin K, 53% of chromium, and 42% of folic acid.

THE VERDICT

Despite question marks over its disease-slaying qualities, every wiseguy knows that off-the-shelf broccoli is still a powerhouse of nutrients. "With its calcium, fibre and vitamins, broccoli stacks up," says Collins. "Same goes for most cruciferous veg: pak choi is an easy alternative to add to stir fries and broths." ■

Best Things TO Eat IN THE WORLD RIGHT Now!

PHOTOGRAPHY BY JULIAN BENJAMIN & DAN MATTHEWS

THERE HAS NEVER BEEN A BETTER TIME TO BE HUNGRY. WITH SUPERMARKETS RAISING THEIR GAME AND ARTISAN PRODUCERS ABOUNDING, THE VARIETY OF FOOD AVAILABLE IS AT ITS PEAK. WE SCOURED THE LAND FOR THE THINGS THAT SHOULD BE HEADING DOWN YOUR GULLET SOME TIME SOON. OPEN WIDE...

01

YOUR ULTIMATE SIX-A-DAY... RAPE GREENS

By Mark Sargeant, chef director and restaurateur

A bit like sprouting broccoli but criminally underrated, rape greens taste delicious, are loaded with antioxidants, and are punchy enough to balance out meaty flavours. The leaves have a radish-like peppery quality, perfect for early summer salads.



BUSY SERVICE: EATING OUT IS NOW AS HEALTHY AS IT IS CONVENIENT

02-06

THE NEW MODERN BRITISH CLASSICS

Our favourite dishes on the nation's menus, from cheap and cheerful lean protein to dirty cheat day blow-outs

The crab pastry

at The Crab Shed, Steephill Cove, Isle of Wight

By Tim Hayward, food writer, photographer and presenter

About a mile west of the town of Ventnor is Steephill Cove. You can't drive; you have to walk a mile along the beach. Here, families of longshoremen catch crabs off the beach, boil them and bake them into turnover pasties, served from a hatch in their kitchen straight into the hands of gasping crab-lovers queuing outside. Unpretentious but flawless.

steephillcove-isleofwight.co.uk

Beef carpaccio

at Café Murano, London

By Ewan Venters, CEO of Fortnum & Mason

Angela Hartnett uses the best Cumbrian rump of beef in her carpaccio, rather than the usual fillet cut. It's a genius choice: the rump has a greater depth of flavour, and it's served with white beans (loaded with antioxidants and as heavy on protein as pulses get) and a drizzle of good extra virgin olive oil. I could happily have it as a starter, a main course or both.

cafemurano.co.uk

½ chicken

at Nando's, nationwide

By Ashley McKenzie, Olympic judo champion

Eating as much chicken on a daily basis as my nutritional plan demands could become dull, but peri-peri sauce makes it so tasty I don't care. Plus the chilli in the sauce helps to increase my metabolism. Medium hot served with corn on the cob, halloumi and sweet potato wedges, every time.

nandos.co.uk

Soda bread & butter

at The Sportsman, Seasalter

By Marina O'Loughlin, enigmatic restaurant critic for *The Guardian*

The greatest bread I've eaten. It's dark, treacly and served with their own hand-churned butter with salt from the sea. Stay for the Michelin-starred menu if you want, but the bread and butter alone are worth the drive.

thesportsmanseasalter.co.uk

Dead Hippie burger

at Meat Liquor, London

By Richard H Turner, butcher and executive chef at Hawksmoor

Burgers come in two forms. The steakhouse – grilled and served as simply as possible – or the juicier, dirtier version. For a taste of the latter, try the Dead Hippie: as squishy as they come, and all the better for it.

meatliquor.com



08-13

DELI DELICACIES

Upgrade your basics for fuller flavours worth every added penny



Stracciatella di bufala

By Michele Blasi, chef at Enoteca Turi

This cheese is made using the filament curds of mozzarella soaked in buttermilk. It's deliciously decadent: spoon onto bruschetta with tomato and basil, or add to steamed asparagus and rocket as a starter.

£2.99 delicatezza.co.uk



Collective's passion fruit yoghurt

By Alistair Brownlee, Olympic triathlete

I'm generally pretty strong-willed, but once I open a big tub of this gourmet yoghurt I find it hard to put down. The Collective's flavours pack a real punch, especially the passion-fruit one, with its double layer of compote. The fact that they are made with natural ingredients and are full of live cultures is a bonus.

£1.59 ocado.com



Taifun organic smoked tofu

By Nik Heartland, head chef at RAW

Let tofu be your protein. It can be a part of any cuisine, and no meat works as simply and subtly in conjunction with other ingredients. I'm a fan of this organic beechwood smoked one at 18.8g protein per ½ pack. **£3.19** waitrose.com



Lucy Bee coconut oil

By Joe Wicks, AKA The Body Coach

I cook most of my meals in coconut oil because processed polyunsaturated fats in oils are very unstable when heated. They oxidise easily and produce free radicals, which increase the risk of heart disease. Coconut oil is a stable saturated fat (more heart-friendly than butter), and it's perfect for cooking with. **£6** sainsburys.co.uk

07 YOUR ULTIMATE SIX-A-DAY... **BLACK GARLIC**

By Anna Hansen, head chef at the Modern Pantry

This caramelised garlic, popular in Asian cuisine, can be made by putting ziplocked bulbs in an airing cupboard and leaving for a month. The cloves turn black and develop a flavour like a balsamic jelly. It's where sweet meets savoury.



Beurre Bordier de Baratte Demi-Sel

By Roy Levy of GAIL's Artisan Bakery

Made by Jean-Yves Bordier in Normandy, this is one of the best butters in the world. Churned slowly and lovingly over three days, it's smooth and superbly rich. It complements any good loaf and is often my excuse to eat a whole one. The only downside is you can only get it in France – I've just come back from Paris with two kilo-bags full of it.

£1.99 lidl.co.uk



Lidl Finocchiona

By Ben Tish, executive chef, Salt Yard group

This amazing fennel salami is some of the best quality I've tried – and I've tried a lot – with meaty pork and a natural fennel flavour. I'd serve it myself if only I could buy it unsliced. I suggest eating it with pecorino cheese (also from Lidl) and a glass of prosecco. **£1.99** lidl.co.uk



WHEN YOU'VE TRAINED ALL WEEK YOU NEED TO GET STACKED

14-17



A

Fage Total Greek yogurt

By Caspar Rose, head chef at Fresh Fitness Food

It may be low in calories, but it's filling alright. It is also high in protein (17.5g per serving) and calcium. At least twice a week before bed, I'll mix up 150g with 30g of vanilla casein powder, a drop of agave and macadamia nuts for a slow-release protein mousse.

£1 [asda.com](#)

B

Dried apricots

By Jo Travers, AKA The London Nutritionist

These dried fruits are not only high in iron but also vitamin C, which increases iron absorption. Just three pieces count as one of your five-a-day, and they keep for ages. But a word of warning: dried fruit can contain sulphites to prevent it from browning. If you're sensitive to them, seek out the sulphite-free versions sold in health-food shops.

£3.79 [hollandandbarrett.com](#)

C

Wheatgrass kale chips

By Michel Roux Jr, two-star Michelin chef at Le Gavroche

These Inspiral wasabi-flavoured chips are high in calcium and iron, ideal for a road runner like me. I love the umami flavours and satisfying crunch of a kale chip. You would never know that such a strange combination of ingredients could taste so good.

£3.99 [planetorganic.com](#)

D

Pistachios

By Alex Ferentinos, nutrition and training consultant

Their unique green and purple kernel colour is a result of its lutein and anthocyanin content; lutein aids eye health in particular. Among nuts, pistachios also contain the highest levels of potassium and vitamin K. Plus regular consumption is shown to result in better blood lipid profiles and even improve erectile function.

£4.99 [tesco.com](#)

18 YOUR ULTIMATE SIX-A-DAY... MEYER LEMONS

By Mina Holland, author of *The Edible Atlas* (Canongate)

This fruit could be the lovechild of a lemon and a mandarin, with a sweet acidity. They're a winner in puddings, but are most effective zested over a salad of butter lettuce, avocado and wild garlic. Keep an eye out in Tesco.



19-22

THE FINEST MEAT FEASTS

For indulgent protein sources choose British breeds (and one Spanish pig)

Hereford flank steak

By Diego Jacquet, chef patron at Casa Malevo

Flank is highly flavoursome, develops a good crust, and the fat percentage isn't too high. As a bonus, it's also cheaper than more popular cuts such as fillet or sirloin. I love beef from my native Argentina, but find this grass-fed English breed – stocked by supermarkets and butchers alike – has a more intense and mature flavour. £30 for 3.8kg tomhixson.co.uk

Lakeland lamb

By Steve Groves, chef at Roux at Parliament Square

We order our Lakeland PDO lamb direct from Lake District Farmers and use it in our signature dish, which combines the breast (cooked crispy), best end (pink and juicy) and shank (sticky glazed). The sheep are fed on a completely natural diet, and you'll never taste better lamb. It really is a British ingredient of which we can be proud. £22 per kg, cranstons.net

A LOCALLY SOURCED LEGS-DAY TREAT

Pata Negra Secreto

By Adam Heanen, butcher and supplier to Michelin restaurants

The name translates as 'the secret cut from the black foot pig' and comes from northern Spain, where pigs have a diet of acorns and berries that develops into a complex flavour with notes of sweetness. It's only stocked by leading butchers and can be expensive, but once people try it they're hooked. Treat it like a very thin minute steak and griddle quickly. £30 per kg, hgwalter.com

Middle White pork

By Marcus Wareing, chef patron at Marcus

The Middle White was the pork pig of England in the '30s, but to compete with the influx of Danish bacon after the war, farmers started to breed larger, leaner pigs for bacon, to the Middle White's detriment. Yet its high fat is precisely what makes the Middle White so good, giving it a rich flavour with a hint of sage and thyme. Cure lightly with a fennel and herb salt for an hour before cooking, then roast slowly in the oven with garlic, rosemary and butter. £9.75 per kg, huntsham.com

A CHEAPER CUT CAN RAISE THE STEAKS

25-30

ESSENTIAL STORE CUPBOARD STAPLES

For a kitchen cabinet that can cook up longevity, stock up on these long-life foods



23

Label Anglais chicken

By Toby Wiseman, foodie, glutton and MH editor

The French think that Bresse chickens are the queen of poultry. That's because they're French. I live in Essex which is why I know that Label Anglais chickens, from Temple Farm in Roydon, are the best-textured, most flavoursome fowl to be had. Heston and Giorgio agree.

£9.20 labelanglais.co.uk

24

YOUR ULTIMATE SIX-A-DAY... ROMANO PEPPERS

By Shirin Kourous, chef co-founder, The Good Life Eatery

The flavour of a Romano is much deeper than an ordinary pepper. They add a particular tang to everything, and you get the strong flavour of a chilli, but without the heat. Try them roasted and stuffed, and enjoy both the taste and the knowledge they're rich in heart-healthy lycopene, and vitamins A and C.



A

Bart Massaman curry paste

By Arnaud Stevens, chef at Sixtyone

Making your own curry paste can be very time consuming. If you're short on time, I highly recommend this Massaman paste – it's authentic, packed with flavour and makes a really delicious, mild chicken curry. It's as close to the real thing as you can get and a bargain for the quality. I also like to top some of my curries with crushed KP peanuts, for added crunch.

£1.79 waitrose.com

B

A L'Olivier extra-virgin olive oil

By Fabrizio Caracausio of Mamma Anna & Co

Big brands can't guarantee quality due to their volumes. I would recommend any single-estate, cold-pressed oil on the market, but this one from Provence is a classic, with a smooth, rich flavour so intense that you really only need a drizzle to enhance any bread or salad.

£20.34
conranshop.co.uk

C

Lúcuma powder

By Sergio Aboy of Grain Store

Lúcuma, from a subtropical fruit native to South America, has a maple syrup-like taste but contains more nutrients, including eye health-boosting beta-carotene, zinc and vitamin B3. Use it as a sweetener when cooking – though its natural home is in strong pisco sour cocktails.

£9.99 ocado.com

D

Dunn's River jerk seasoning

By Danny Cipriani, England rugby player

This spice mix, with coriander, chilli, nutmeg and cinnamon, makes any meat instantly more interesting. I love it on anything from salmon and chicken to beef. As it is more concentrated than a dry rub, you can use it sparingly for a hint of flavour, or smear a load on as a marinade, for a spicy hit.

£1.99 tesco.com

E

Quinola red quinoa

By Vishnu Natarajan, chef at Carom

Quinoa is a great alternative to rice and wheat-based products. It has a mild, nutty flavour which goes well with Indian cuisine. It's also high in protein and fibre, low in calories and easy to make (just steam in stock). I like plating up this red variety from a purely aesthetic perspective.

£5.89 ocado.com

F

Napolina chopped tomatoes

By Matt Tarantini, chef at Source

When I'm making a tomato sauce, I prefer to use tinned rather than fresh, as they're cheaper, more convenient and will give a fuller tomato flavour to the entire dish. This is why I like the Napolina brand: its tins taste the most like fresh tomato. The price is generally a little higher than the competition, but it's worth it.

£1.05 tesco.com

OPEN THE DOOR TO
HEALTHY FLAVOUR



OUR BEST KEPT SUPERMARKET SECRETS

Lurking behind the most unassuming packaging are some fine foods – if you know where to look

A

Asda frozen fruit

**By Jamie Millar,
MH associate editor**

A mainstay of my post-workout breakfast smoothies, these frozen blueberries, raspberries, cherries et al keep for months, so you don't have to eat the same ones three days in a row. As they're frozen immediately after picking, they pack more locked-in nutrients than fresh fruit. What's more, they're half the price. Almost enough to have you slapping your back pocket with smugness.

£2 [asda.com](#)

B

Go! kombucha

**By Lovisa Nilsson,
nutritionist**

Kombucha is a fermented tea made from adding a culture of bacteria and yeast to a solution of tea, sugar and sometimes fruit juice and other flavourings. It is, shall we say, an acquired taste, but totally worth it for the health benefits, which range from aiding digestion to helping reduce the risk of cancer.

£4.99
[gokombucha.co.uk](#)

C

Dunns' River coconut milk

**By Tim Walker,
personal trainer**

Don't be fooled by the clever marketing spiel around coconut water – it's the milk you should be drinking. Coconut water misses the healthy fats, so the benefits are too watered down to bother about. Add tinned milk to your shakes: it's miles cheaper, is antiviral and antibacterial, and it makes them more of a meal.

99p [tesco.com](#)

D

Frozen broad beans

**By Gillian Carter
of BBC Good Food**

Forget that over-hyped hipster favourite, the edamame; its often overlooked cousins are better, and a fraction of the price. Packed with protein and full of fibre, broad beans are also a great source of folate, essential for a healthy immune system and cardiovascular health. Mash a cupful of cooked beans and smear over rye toast with salt and pepper for a healthy snack.

£1.50
[sainsburys.com](#)

E

Brindisa Ortiz Sardinillas

**By Claude Compton,
chef at Tommy Tucker**

Loaded with calcium, iron and potassium, sardines are fantastic for your bones, joints and skin. These Ortiz sardinillas are selected, cooked and packed by hand in olive oil, and are truly the best tinned product out there. If you'd rather buy your sardines fresh from the fishmonger here in the UK, check for signs of quality such as clear eyes and skin. Oh, and always go Cornish.

£4.95 [ocado.com](#)

F

Burford Brown eggs

**By Rosie Birkett,
food writer***

The Burford Brown is a heritage breed of chicken that lays gorgeous eggs with dark shells and amazing golden yolks. They have a rich flavour and firm whites, great for poaching, scrambling or using cracked over pasta. They're a bit pricier than insipid, battery-farmed fare, but for a good reason, and top chefs from Rick Stein to Jamie Oliver swear by them.

£2.25 [waitrose.com](#)

G

Morrisons ground turmeric

**By Arun Kapil of
Green Saffron**

It's regarded in Indian culture as a 'purifier of the body and soul' and acknowledged in Western medicine for its anti-inflammatory, anti-microbial and anti-cancer properties – no kitchen is complete without it. When fresh, turmeric has a glorious golden hue and astringent taste. A welcome inventive lift to porcine flavours and winter vegetables.

79p [mysupermarket.co.uk](#)

B



C



D



E



F



G



38-42

DECADENT DELIGHTS

Because life needs balance, and you can't eat steamed fish at every meal



Chocolate Sea Salt Caramels

By Adam Handling, head chef at Caxton

William Curley has worked in some great restaurants. He's my favourite chocolatier. These indulgent little treats are delicious as well as being my secret extra energy boost before I head to the gym. They're the perfect combination of salty and sweet, and far tastier than your standard pre-workout shake. £5 for 45g williamcurley.com



Menakao chocolate with cocoa nibs

By Spencer Hyman, co-founder, Cocoa Runners

This fruity bar is made in Madagascar and helps the local economy over five times more than fair trade-sourced bars. From a more selfish perspective, the cocoa nibs provide extra antioxidants. £3.95 cocoarunners.com



Cruffins at Foxcroft & Ginger

By Rado Georgiev of Lancaster London

This hybrid of croissant and muffin is infinitely better than a cronut (the croissant x doughnut craze of 2014). Fillings include the 'Snickers' with nuts and caramel, and custard and jam. foxcroftandginger.co.uk



Medjool dates with nut butter

By Ella Woodward, AKA Deliciously Ella

This is my go-to snack when I'm hungry and feeling lazy. These caramel-like dates complement the creamy almond butter so well – a match made in heaven. And with 199 calories in just three dates, they're really useful if you're trying to bulk up.



Pickled Onion Monster Munch

By Daniel Masoliver, MH features editor

The satisfying crunch, the salty flavouring, the hint of nostalgia – no food is worthier of inclusion in a cheat day meal plan. Or any day. Plus, with 1.3g of protein per serving, you only need to get through about 60 bags to hit your RDA. 80p sainsburys.co.uk

43 YOUR ULTIMATE SIX-A-DAY... SAMPHIRE

By Paul Greening, executive chef at Aqua Kyoto

The alginates in seaweed have been proven to aid weight loss, as well as helping with regrowth of vital tissues and cartilage. Samphire is a great introduction, and can be easily and safely foraged on UK shores. It has a very mild taste and is a great substitute for gluten-free pasta.



HOLY COW: BEEF AS A RELIGIOUS EXPERIENCE

OVERSEAS MECCAS FOR FOODIE PILGRIMS

Fresh ingredients put to such good use by international chefs that they're worth planning your next holiday around

44-47



**Rib-eye steak**

At Casa Julián,

Tolosa, Spain

By Fred Smith, head chef at Byron

This 'cathedral of beef' is a quasi-religious experience for the carnivore – nowhere else can you find steak that is so powerfully flavoured and aggressively seasoned that it stands up to the smoky flavour it absorbs from the smouldering oak wood it is seared over. It does not get much better than this.

Guacamole and plantain chips

At Toca Madera, West Hollywood

By Georgie Reames, co-founder of juice bar Press

A blend of locally sourced avocados, pomegranate seeds, lime pepitas, jalapeño and coriander, this guacamole is unlike any other – fresh, light and clean, with the seeds adding sweetness and crunch. The ingenious toasted plantain chips are the only reason not to shovel it into your mouth with your hands.

Pope's Cake

At Bar Pasticceria Mennella, Italy

By Judy Joo, head chef at Jinjuu

The strawberry baba from this little bakery has been delivered to the Vatican every week for more than 100 years. It's a fluffy cake made with the sweetest wild mini strawberries by Antonio Mennella. He's considered an artist, and only makes this baba in summer. Go on a pilgrimage for a holy treat.

Salt cod brandade

At Son of a Gun, Los Angeles

By Rebecca Seal, food writer and presenter*

Although it's a Mediterranean dish, the salt cod brandade at this cool seafood restaurant is better than any you'll find on this side of the Atlantic. Served with a soft egg, it delivers a detoxifying cysteine-and-selenium combo. (Handy, as I also drank the bartender's homemade absinthe, which made my face numb.)

48

YOUR ULTIMATE
SIX-A-DAY...
BOROJO

By Ruben Tabares,
personal trainer

Borojo is a tropical fruit that looks a bit like an unappealing, unripened coconut. Unusually for a fruit, it's high in protein, as well as vitamin C and a host of B vitamins. But more excitingly, borojo also contains high levels of sesquiterpenoids, a chemical scientists hope may hold the key to treating cancer.

**49****Ottolenghi granola**

By David Morton, cereal apologist and MH senior editor

Bar the most zealously bland of oats, breakfast cereals have had a bum rap. Sure, this is still *quite* high in fructose. But three fruits, two berries, one nut and a handful of seeds balance the natural sweetness with heaped spoons of fibre, vitamins and even a sprinkling of protein. Eat it with Greek yoghurt first thing. Or straight from the bag whenever you bloody like.

£7.50 ottolenghi.co.uk



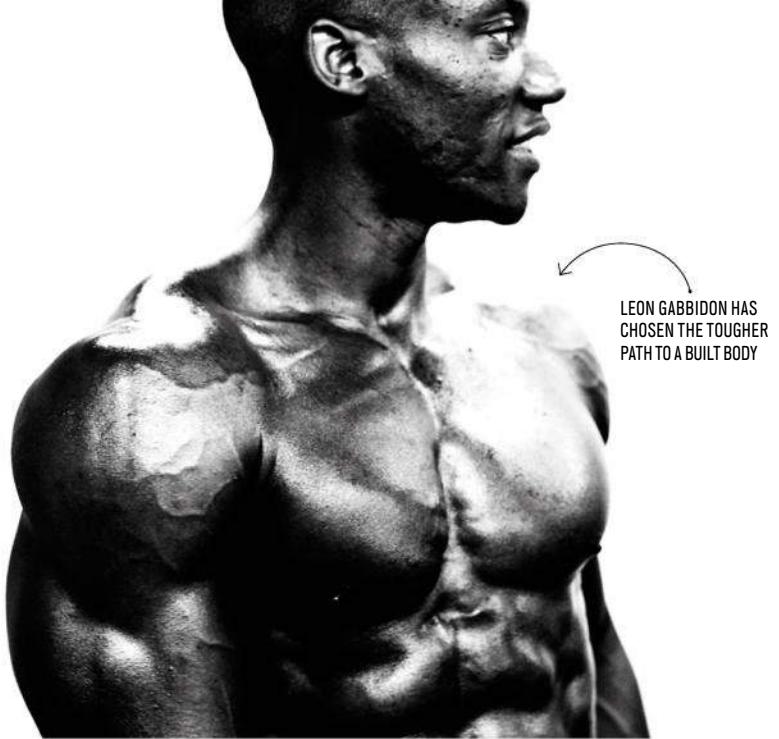
MEAT FREE MUSCLE

WORDS BY TOM BANHAM – PHOTOGRAPHY BY LEE STRICKLAND

VEGANS ARE PALE, SALLOW-SKINNED AND RAKE-THIN, RIGHT? NOT THIS NEW BREED OF BODYBUILDER, OUT TO SHOW THAT YOU DON'T HAVE TO BE A MEATHEAD TO MUSCLE UP. MH GOES BACKSTAGE TO MEET THE MAN STRIVING TO MATCH HIS PHYSIQUE TO SOME BIG IDEALS



NO ANIMALS WERE
HARMED IN THE
MAKING OF THIS BODY



LEON GABBIDON HAS CHOSEN THE TOUGHER PATH TO A BUILT BODY

Leon Gabbidon doesn't much look like a vegan. At least, he doesn't look like you might expect a vegan to look. Peer a little closer and you might detect the odd herbivore hallmark – the Tesla from which he unpacks his lentils, say, or the ricecakes he's nibbling. But these things are largely obscured by a set of abs on which you could grate cheese. Not that he would, of course. Because Gabbidon is as vegan as they come.

To gym-goers raised on a diet of rump steak and repeat viewings of *Pumping Iron*, the very notion of vegan bodybuilding might seem oxymoronic. Meat is not murder, it's muscle. And, for all quinoa's wholesome goodness, it's not going to count in the squat rack. But Gabbidon is living proof that you need neither chicken nor egg to build a physique many flesh-eating men would kill for.

Gabbidon's presence at today's Pure Elite show in Rochdale, where he's up against 'normal' (that is to say omnivorous) competitors in the over-75kg category, is evidence, he hopes, that veganism and bodybuilding can be gym buddies. "But some of these guys here, they do unhealthy things to trick their bodies into looking like that for just a brief amount of time," he says. "I reason that if you're actually fit and strong, and you dedicate yourself to a healthier life, then you'll look like that anyway." His point is immediately proved by two competitors in his category escaping to the fire escape

wearing just their posing pants to smoke cigarettes stained by spray-tanned fingers. His eyebrows lift. "See what I mean?"

For Gabbidon, competing preceded veganism. The 32-year-old has always shunned red meat, but after tapering off first chicken, then fish, he finally cut out eggs in January. "I simply think that if animals are mistreated in their lifetime the quality of the food they produce will inevitably be poorer," he says, quickly

clarifying that he's, "no hippy dude preaching about the food industry". Instead, Gabbidon's argument is one of quality, not morality. To him, modern farming is a messy, brutal business, and how can anything

that's good for you come out of that? When an argument stands at 88kg with 7% body fat, it's difficult to argue.

JUMPING OFF THE MEAT WAGON

Vegan fitness is having a moment. From Beyoncé to Bill Clinton, celebrities are attributing their slimline physiques and good heart health down to going plant-and-pulse-only (even if in Queen Bee's case it was only for a month... and she celebrated its end with lobster). Only 1% of the British population have joined them in avoiding animal products – eggs and milk, say, or leather – but that number is slowly rising as scandals such as the horsemeat lasagne scare seed distrust in modern livestock farming.

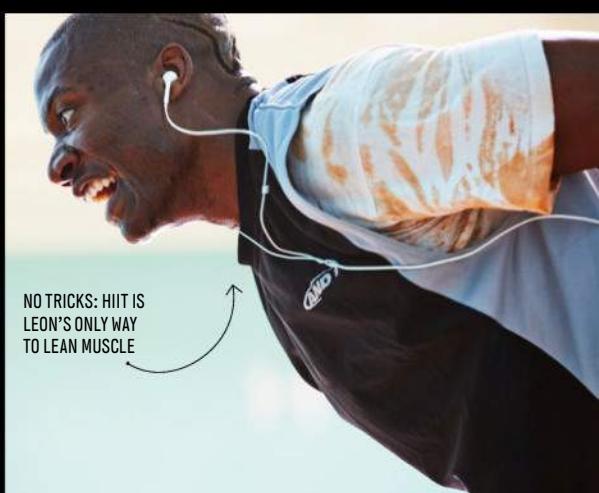
But among the handful of vegan athletes who make headlines, you'll find precious few bodybuilders. Ultrarunners? Sure. There are vegan powerlifters out there, too. But the muscle and fat balance of a bodybuilder's physique is a different

"Gabbidon's argument is one of quality not morality"



Vegan muscle defined

Vegan bodybuilders don't have a reliable source of dry protein, so have to purge excess water pre-show for enhanced muscle definition. For Gabbidon, that's a 36-minute HIIT circuit. While competitors get their pump on, he cycles through 30-second blasts of squat thrusts, mountain climbers and frog jumps, with no rest. "It's leg-focused to burn more calories, strip fat and make me sweat more. It's a killer."



NO TRICKS: HIIT IS LEON'S ONLY WAY TO LEAN MUSCLE



kettle of tofu. Which perhaps explains why Gabbidon is the only person at today's competition not tearing into chicken breasts backstage.

Bodybuilding is equal parts science and art. Crafting a perfect body demands a sculptor's appreciation of proportion and a mathematician's understanding of how to combine fuel and exertion to create muscle. For omnivores, the maths is actually pretty simple: meat plus bench press equals gains. But for vegans the sums become harder.

One piece of poultry offers every amino acid your body needs to rebuild itself. While the precise numbers are subject to debate, gym lore states that to build muscle you must broadly consume 1g of protein per pound of bodyweight, every day. Plant proteins, however, offer only a narrow set of amino acids, so the numbers don't add up. You need to pick and choose from different beans, nuts and grains to get the full spectrum if you want to build more muscle. And unlike chicken, those proteins come bundled with carbs and fibre – the precise things you need to ditch when cutting before a show.

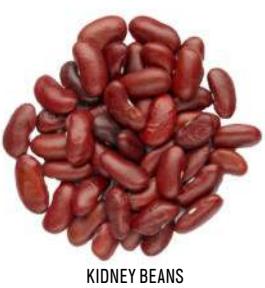
CRUNCHING THE NUMBERS

Gabbidon fell foul of the maths on his initial attempts to reconcile a vegan diet with a bodybuilder's physique and began a fast descent toward a stereotypically scrawny frame. "In the early stages the weightloss was fairly traumatic," he admits. "Psychologically I started feeling



Raw power

Vegans require a range of protein sources to get the full spectrum of essential amino acids. Nuts and beans provide the bulk, topped up with a cycle of protein powders (soy, hemp and pea protein) and a B12 supp.





like I was losing it.” His solution was to turn to spreadsheets. By examining his pre-vegan peak performance diet, he methodically broke down first the macronutrients, then the micronutrients, before building them back up with vegan products. But even assessing his diet with such exactitude could not account for the fact that some essential vitamins do not exist in high enough concentrations in vegetables and pulses. If you want B12, vital for energy, then you’d best order a steak. Gabbidon, meanwhile, is forced to supplement.

It’s not just diet where carnivorous opponents have the competitive edge. Eschewing water pre-event – a classic bodybuilding trick to dehydrate the skin and shrink-wrap muscle – is also especially tricky because he can’t switch to dry protein (beef jerky, say, or more chicken) like his rivals. Gabbidon’s powders need fluid to dissolve, which means half an hour of pre-show HIIT to sweat it out.

“I’ve never seen that before,” says Stewart Armstrong, Pure Elite founder and one of today’s judges, as the gym next to the auditorium echoes tortured yelps. “Everyone has a pump up backstage, but to train? Never.”

Bodybuilders are obsessive about their diets by nature. “But when you’re vegan, it can be like a full-time job,” says Gabbidon’s partner, Sam Bromfield. “I’ve tried to eat like him but it’s just too hard.” The demands of his day mean she takes responsibility for prepping his array of lunchtime Tupperware, including the ones stacked in the minibar back at the Mercure hotel down the road.

Gabbidon puts away less than half the daily protein consumed by most bodybuilders – “between 0.8g and 1.2g per kg” – in a carb-heavy diet more aligned with that of elite athletes than with single-digit body fat. Breakfast is oats and water blitzed with pea protein, dried fruit and nuts in the Nutribullet that Bromfield is marshalling today. Fruit and oatcakes fuel client sessions on the gym

Liquid diet

Three weeks before a show, vegan bodybuilders start drinking most meals. Gabbidon blends nuts and dried fruit – “I need those sugars for 6am training sessions” – with protein powder and peanut butter.



GOJI BERRIES



COCOA POWDER



PEA PROTEIN



GOLDEN RAISINS



CRANBERRIES



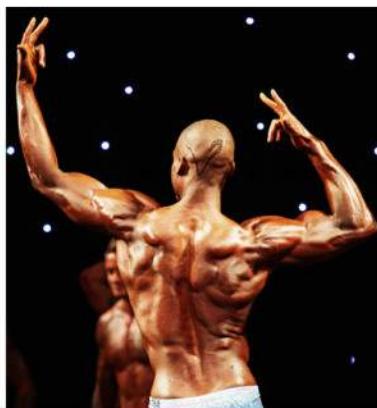
SPOT THE VEGAN AT
THE PRE-SHOW MEET
AND GREET

floor (Gabbidon coaches 'ordinary' people as well as vegans in his day job at Legends Personal Training), then a lunch of rice, veg, lentils and two types of beans for a broader protein mix. Post-carbs he downs another shake, then it's more protein in the evening, "Tofu, and carbs if I'm training," plus another shake if he's in show prep mode.

"It seems like a double-edged sword," observes Matthew Smart, 23, Gabbidon's competition today in the over-75kg category. "Because while it means the things he's eating are naturally healthier, there's so much else your body needs that you miss out on. We're designed to eat meat, it's why we have incisors." And here's the rub: for vegan bodybuilders, not only is the training diet painfully restrictive, but the cheat days are pretty miserable, too. When you can't default to pizza or chocolate, your plate stays clean whether your resolve is flagging or not. "I loved Haribo," Gabbidon sighs. "And I haven't found anything to replace them."

THE FLESH IS WEAK

Even so, the sweets are but a small sacrifice for training gains. Onstage, in those final dehydrated moments, Gabbidon prowls between posing stations. As the lineup flexes, his muscles roll over each other like a settling rock fall. If asked to identify the vegan in the line-up, you would be hard-pushed to tell. The only clue



ON STAGE, LEON STILL SWEATS EXCESS WATER

comes as the competitors cycle between quarter-turns and, under the hot stage lights, his shoulders start to shine in contrast with the matte bodies around him – the visual manifestation of his difficulties ditching water.

Offstage he smiles, despite some small dissatisfaction with his prep, having misjudged his pump timing. He looks at our pictures and out comes the mental red pen: he needs more size here, more separation there. But his reservations are soon muted by the trophies he receives: runner-up Muscle Model and the day's best abs.

The show's presenter Audrey Kaipio is impressed. She's a bodybuilding

institution in her own right and adverts for her pose-coaching courses flank the stage. "I'm very surprised he managed to build that physique on a vegan diet," she says. "And I've never heard of anyone going for a full workout before a show. Most competitors would have carb loaded and a workout would deplete the glycogen stores that make their muscles look full." But did it work? "Definitely. He could be a poster boy for that lifestyle."

"It does make you question the amount of junk everyone eats," says competition judge Armstrong. Both he and Kaipio have dabbled with cutting out meat – Armstrong even went vegan, briefly. "But I couldn't get enough calories, let alone protein, and the hemp powder was disgusting," he says. "I'm very impressed by what I've seen here." It's a reaction echoed throughout the hall – perhaps there is an alternative way to look this good.

The performance has earned Gabbidon a spot at the national finals in November, which leaves him plenty of time to finesse the issues that kept him off the top spot. Now, though?

"Water," he laughs. "And carbs." And then, on Monday, back to training. Because the vegan bodybuilder doesn't have the luxury of letting things slip.

“Your plate stays clean, even when your resolve flags”



PEANUT BUTTER



CHIA SEEDS

HOT HOT HEAT

From fat-burning gym-goers to naga-tasting masochists, these days we're all chilli freaks. But it's not the burn that counts; it's what you do with it. This is our guide to health's hottest ingredient

WORDS BY ED CHIPPERFIELD – PHOTOGRAPHY BY JOBE LAWRENSON

We don't like to toot our own horn, but we've been trumpeting on about the various benefits of chillies since day one. You probably know that capsaicin – the chemical that burns your mouth – raises your body temperature, torching extra calories. You might also know that, gram-for-gram, chillies contain more vitamin C than oranges.

Now it seems the rest of the world has finally caught on. While sales of staples such as Heinz ketchup and HP sauce are in decline, the dozens of hot sauce varieties (worth an estimated \$1.12bn a year worldwide) are flying off the shelves. When officials announced last year that Huy Fong, makers of the world's most popular Sriracha sauce, might close their factory, the ensuing "srirachocalypse" saw a run on supermarket condiment aisles.

Don't get us wrong, we're all for bringing heat into the kitchen. But there's far more to chillies than peppering up an anodyne chicken breast. So put the peri-peri aside, and learn how to become a true sophisticate of spice.



THE MICHAUD'S
DORSET NAGA: ONE
OF THE WORLD'S
HOTTEST CHILLIES



01 GROW YOUR OWN

Don't settle for vanilla garden-centre fare.
Take these hot tips from Joy and Michael Michaud, growers of the Dorset Naga chilli

01 Start Now

Even if you know your stuff, buying seeds is a lottery. Chillies are in season now – try a variety (go British to ensure freshness; southdevonchillifarm.co.uk) and keep the seeds from your favourites. Dry them in a cool, dark spot until winter. It's a long game, but well worth the wait.

02 Choose Wisely

For the best combinations of heat and yield, try the Super Tramp (for indoors/pots) and the Hungarian Hot Wax (for outdoors). In winter, sow the seeds in a tray with 6mm of fine-grade compost. Keep in the dark at roughly 27°C and don't let the soil dry out.

03 Let In The Light

When seedlings emerge, transfer them into 10cm pots and expose them to sunlight. Use multipurpose compost, nearly up to the leaves, or

you'll end up with weak, flavourless fruits come spring. Water them regularly with room-temperature water.

04 Perfect Heat

Keeping the plants hot will create more metabolism-boosting capsaicin. Up to 25°C is great; any hotter and you'll need to vent them. In late spring, it'll be warm enough to grow plants outside, but for truly fiery fruit use plastic tunnels or a conservatory.

05 Stress Out

Chillies produce hotter fruits when they've been 'stressed'. The best way to do this is to withhold water until they show the first signs of wilting, then give them a normal drink. The hotter the pepper, the more antioxidants.

06 Handle Gently

Plants produce their hottest fruit at the height of summer, so be patient and harvest in July or August. These end-of-season fruits have the most intense, developed flavours. Pick as often as possible to increase your plants' yield. Nothing plucked out of a jar will quite compare again.

02

THE PLEASURE OF PAIN

Learn to love the burn
with spice psychologist
Professor Paul Rozin[†]



Why we enjoy eating hot chillies remains a mysterious thing. We shouldn't enjoy it: the neural message from your mouth is interpreted by the brain as pain. And yet after some exposure – eating more, basically – that same signal can be interpreted as pleasure. My research suggests heat-seeking is not due to an endorphin rush, as some believe, but is in fact a form of 'benign masochism'. Our body receives a signal that something is dangerous, but our brain discovers that there is no actual negative effect. Mind trumps body; something unpleasant becomes pleasant.



We like a little pain. It's not uncommon in sex or massage to enjoy a small amount of pain. Liking the burn is a trait shared by so-called sensation seekers; I put it in the same category as horror films or rollercoasters. Indeed, there's a tendency for people who like hot peppers also to like thrill rides.

No-one is born liking the burn. Usually, when you do something you don't like, you stop. But, as with smoking, if there's enough social pressure, you keep doing it. Eventually it becomes intrinsic – you end up eating the pepper because you like it, not because you're trying to impress someone. You alter the wiring in your brain. It's not the signal that changes, but how your brain interprets it. Now you're on a slippery slope. While the burn isn't addictive as such – you don't get physical withdrawal symptoms – it shares some of the same properties as addiction. People feel their food isn't right without it and they push the envelope of what they can enjoy. In true 'benign masochism' form, the pepper that they like the most is often the strongest one they can stand.

PEPPER BOMB
YOUR PLATE
TO BLITZ YOUR
FAT STORES

PSYCHOLOGY PROFESSOR AT THE UNIVERSITY OF PENNSYLVANIA

FIRE UP YOUR
BLENDER TO
BLAST YOUR
DAILY GRIND



03 BOTTLED WISDOM

Reap the benefits of what you've sown by making your own condiments, says Vivek Singh, CEO of The Cinnamon Club

01 Deep heat sauce

Blend six whole chillies with half their weight in oil. Fry three garlic cloves and three onions in a small dash of oil with 6tbsp of tomato paste. Once your veg softens, add the chillies and season. Cook for 10-15min, then decant through a funnel into a sterilised bottle. Dollop it over salmon fillets for a DOMS-soother.

02 Gaining, ground

Dried Kashmiris make great powder – fruity and vibrant. Halve six chillies (remove the seeds for a milder powder) and toast in a cast iron pan for 5min, along with 1tbsp of cumin seeds. When cool, whizz in a blender with 1tbsp of garlic powder and ½tbsp of oregano. Add to a sweet potato curry for double the eyesight-protecting vitamin A.

03 Oil for your engine

Add one part dried red chillies to three parts non-virgin olive oil (you want to taste the chilli, not the oil). Gently warm the oil in a pan, add your chillies for four minutes, then let it cool. Decant into a bottle. It's ready to pour straight away, but its flavour and health properties develop over time. Stick it in the back of your kitchen cupboard.

ADDITIONAL PHOTOGRAPHY: HESTER STUDIOS, GETTY IMAGES, ALAMY/LEON FOOD STYLIST: LUCY RUTH HATHAWAY | FOOD STYLING ASSISTANT: MITZ SCULPTURES KITCHENAD ARTISAN BLENDER LAKELAND.CO.UK, CHILLIES ALL PROVIDED SOUTH CHILLI FARM.CO.UK, SECATEURS BURGON & CHILDS

04 BURN BABY BURN

A daily dose of just 9mg of capsaicin has been shown to boost your calorie-burn by the same amount as a one-mile run*. Work this metabolic maths into your meal plan



05 TASTING NOTES

There's a time and place for flakes, but understanding fresh chillies' complex characters will help you get fuller flavours from your food, says Michael Michaud

Best for hot sauce Habanero

This family of chillies ranges from fairly hot to ludicrously so: the commonly used Red and Chocolate varieties can be all burn, with little taste. For brutish heat with seductively fruity flavour, try the Orange Habanero, which raises the spice dial to 250,000 Scoville Heat Units (the world's hottest chilli is close to 1,000,000 SHU). It's a perfect base for any sweet chilli sauce.



Best for drying Cayenne

These pointed fruits often grow to more than 30cm in length, turning from green to bright red as they mature. As they do, they develop a floral, hay-like aroma with undertones of tobacco and mustiness. Averaging a potent 30,000 SHU, their thin flesh makes them ideal for drying and creating your own chilli powders, oils and pastes. They are also particularly high in vitamins A, B6, C and E, especially in their freshest form.



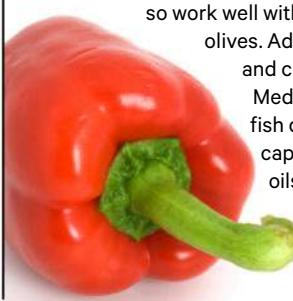
Best for heart health Jalapeño

Mild and popular fruits ranging up to 10,000 SHU, Jalapeños are best used in salsas and Tex-Mex dishes, lending a sweet flavour with short-lived burn. Dried and smoked, they're known as chipotles, which impart a more chocolate-like aroma. They're also high in antioxidants and have been shown to reduce cholesterol. Worth adding to meaty recipes.



Best for heat haters Pimento

One of the milder peppers, Pimentos have sweet, succulent flesh with more aroma than their commonly consumed cousin, the bell pepper. They balance salty flavours perfectly, so work well with seafood and olives. Add them uncooked and chopped to Mediterranean fish dishes – the capsaicin and healthy oils will give your heart a lift.



06-08 BURNING THE DINNER

Harness chillies' aphrodisiac qualities to increase your chances of a steamy outcome



Starter Buttered quinoa with sweetcorn

By Thomasina Miers,
founder of Wahaca*

SERVES TWO

- QUINOA, 100G
- OLIVE OIL, SPLASH
- ONION, ½, DICED
- SWEETCORN, 150G
- JALAPEÑO CHILLI, ¼, FINELY CHOPPED
- CUMIN, PINCH
- BUTTER, 20G
- CORIANDER, HANDFUL, CHOPPED

Method

The Jalapeño in this dish increases your heart rate and temperature, replicating sexual arousal: the perfect warm-up act. First, toast the quinoa in a pan for a minute, then set it aside in a bowl.

Heat the oil in a saucepan and add the onion, corn and chilli. Season and sauté for 10min until the onion is soft, stirring frequently. Add the cumin and cook for a minute more, then the quinoa with 500ml water. Bring to the boil, then lower the heat. Simmer for 20min until the quinoa is tender to the bite. Drain, stir in the butter and serve with coriander. It's not just you – it is getting warm in here.



Main course Crab chilli linguine

By Arnaud Stevens,
chef patron at
Sixtyone restaurant

SERVES TWO

- PINE NUTS, 100G
- LINGUINE, 300G
- RED CHILLIES, 2
- PIQUILLOS, 100G
- BASIL, HANDFUL
- GARLIC, 1 CLOVE
- OLIVE OIL, SPLASH
- WHITE CRAB MEAT, 250G, FLAKED
- PECORINO CHEESE

Method

You don't want to lose momentum at this stage in proceedings. Fortunately, this dish is ready in minutes. Toast the pine nuts in the oven at 180°C; allow to cool. Blanch the fresh linguine for 5min in salted water.

Meanwhile, finely chop the chillies, piquillo peppers, basil and garlic, and mix with a dash of olive oil. Toss with the pasta in a stainless steel bowl and plate up. Finish each serving with flaked crab and some grated pecorino. The heat will cause your lips to plump, which has been found to be key to sexual attraction. Fan the flames further with a bottle of chilled Riesling.



Dessert Chilli and chocolate on toast

By Thomasina Miers

SERVES TWO

- SOURDOUGH BREAD, 2 SLICES
- EXTRA-VIRGIN OLIVE OIL, DASH
- DARK CHOCOLATE (70% COCOA SOLIDS), 75G, CHOPPED
- SEA SALT, SPRINKLE
- CHILLI FLAKES, PINCH

Method

Don't be tempted to skip dessert: she won't thank you for a premature climax. Fire up the grill, as hot as it'll go. Briefly toast the sourdough slices so that they're crisp, but not browned. You can use a toaster but it'll taste better if you chargrill the bread for a minute or two each side.

Drizzle the toasts with olive oil and arrange the chocolate on top – the higher the cocoa content the greater your aphrodisiacal endorphin rush. Sprinkle with sea salt and the chilli flakes. Pop the toast under the grill until the chocolate melts and serve with crème fraîche or vanilla ice cream. Clothing optional.

*RECIPE TAKEN FROM CHILLI NOTES BY THOMASINA MIERS (£25 HODDER & STOUGHTON)

09 EXTRA HOT TREND

Filmmaker Griffin Hammond tells MH what he found when granted access to the world's favourite hot-sauce makers



Why would a respectable documentary-maker for Bloomberg spend a year chasing a sauce company around the world?

I'd been eating Sriracha sauce for years before I realised it was perfect for a documentary film. It was popular with its fans, yet those fans didn't really know anything about it.

Did you encounter any problems?

The guy behind Sriracha, David Tran, was a Vietnamese immigrant who thought that you shouldn't open up your factory to other people when running a business – he was secretive and protective about



SELLING LIKE HOT CAKES:
HUY FONG SRIRACHA IS A WORLDWIDE SENSATION

it, even as the sauce became this global phenomenon. **What does Tran attribute his success to?** I don't think he has a clue why it's so popular, and he doesn't seem to care. He just wants to make something good. Who is buying it is incidental.

So who is buying it?

Well, he first started making it on his stove and spooning it into bottles, but every year the business grew by about 20%. By 2012 he was selling around 20 million bottles worldwide. They're now processing 100 million lbs (45.4 million kg) of chillies a year.

Having made the movie, what do you put Sriracha's popularity down to?

It's a cultural phenomenon. My theory is that, in Sriracha's case, it just looks so foreign you want to try it out. Here in the US there are so many food channels, food tourism and discoveries to be made,

10 HANDLE THE HEAT

Pro chilli-eater Jay Webley's* soothing tips for dousing the fire in your mouth

USE THESE TIPS
TO MAKE YOUR
REPERTOIRE
RED-HOT...

...THEN FOLLOW
OUR COOL GUIDE
TO DOUSE THE
FLAMES



that when you see a hot sauce like Sriracha that looks like it's from Asia – even though it's owned, grown, processed and bottled in California – you want to discover it. All the professional chefs use it, too.

What did you learn from making the movie?

Chillies are certainly a bit dangerous. But then that's part of their appeal – the excitement, the challenge. They bring people together too: all we had to do was walk around Chicago with a bottle of chilli sauce and wait for people to come and talk to us for the movie. People are truly passionate about it.

C-0 minutes: Ignition

Bitten off more than you can chew? Then try not to. The more you chew, the more capsaicin will coat your mouth. Just break the chilli into small chunks and swallow fast.

C+2 minutes

Capsaicin is a fine oil. Once it coats the mouth, it stays there until dissolved by another chemical. Don't bother with milk: clotted cream is your best bet. Its fats will dislodge the oil, just as soap breaks up grease.

C+5 minutes

If your eyes are still watering uncontrollably, swill out your mouth with a high-ABV spirit such as vodka. It acts as a solvent to break up the oil. Swallowing won't help, but may provide comfort.

C+6 minutes

Brush your mouth with toothpaste. Your teeth, yes, but also your cheeks, gums and tongue. The formulation of toothpaste is known to relieve chilli burns as it breaks up the capsaicin.

C+8 minutes

Eat something: this should prevent you from doubling up with cramps or vomiting. Starchy foods such as bananas, bread and pretzels will all help protect the stomach and ease the oils' transit through your system.

C+9 minutes

Wow, how hot was that chilli? Just remember, what you're experiencing is mental. Literally. The heat is not 'real' – capsaicin is a neurotoxin and it tricks the brain into believing the chilli is hot. Mind over matter.

With thanks to chillialchemist.co.uk



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We teamed up two cars alongside two athletes to gauge their precision and pace around our cone test. With the first task complete, we then challenged both

man and machine to shuttle runs, proving that speed is nothing without endurance. Finally came the sprints: a pedal-to-the-metal test of leg speed and horsepower that determined which of our competitors deserved to wear the crown.

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ONE WORD ANSWER #18

QUESTION
What should you book in order to secure a promotion this year?

Sometimes the best thing you can do to improve your standing at work is simply not turn up. We're not suggesting you instigate strike action or schedule duvet days; all you need to do is plan a holiday. And if you're reading this magazine from a supine position on the beach, raise a chilled Corona to your good sense, because you're doing your career a big favour.

Research collated by the *Harvard Business Review* reveals that people who use up all of their allotted leave have a greater chance of a promotion than those who play the role of office martyr. How so? Scientists found that headspace in the sun leads to a calmer and more positive outlook, which can in turn increase productivity by a third and boost creative thinking three-fold. Of course, as with all bonuses, there is a caveat: fully briefing your colleagues before leaving was found to play a crucial role in holiday satisfaction. So make sure you delegate, *then* celebrate. Just try not to rub it in by overheating your Instagram feed. No one in the office wants to see hotdog legs at 11am.

ANSWER
Holiday



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THE 'GET SPEEDO FIT' CHALLENGE HAS GIVEN GYM-LOVER ALEX HEMSLEY'S BODY A NEW LEASE OF LIFE. LEANER THAN EVER, HE'S HERE TO TELL YOU WHY SWIMMING IS THE FULL FITNESS PACKAGE

Back at the start of summer, *Men's Health* and Speedo threw down a new physical gauntlet. The challenge: six weeks of swimming instead of weights, to see what pool work can do for your body. Ex-rugby player Alex Hemsley, representing UK men, took up the test. Unaccustomed to the water (and cardio, for that matter) his physique thrived.

"Previously, it was all about strength work for me – weights and more weights – so this was a big step. Thankfully, tips from Speedo swim coach Dan Bullock allowed me to overcome both my size disadvantage and my preconceptions; swimming became fun, exciting. And now it's addictive." But the challenge had its, well... challenges. "I'm heavy, which made slowing down in the water tough because I kept sinking. Dan taught me to streamline my stroke to overcome this, and as a result, while I'm perhaps not as strong, I have a more rounded fitness. And less fat. My one tip for you would be to give it a try, then stick at it: like weights, swimming is all about repetition."



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HOW HAS ALEX IMPROVED?

BELOW ARE THE KEY AREAS WHERE ALEX HAS PROGRESSED OVER THE PAST 6 WEEKS



FAT

Being the biggest of the challengers, Alex had some weight to lose. The lab tests at the University of Bath showed a welcome 1% body fat reduction.



FITNESS

Strong as he was, there were fitness gains to be made. And gain he did: his VO₂ max went from 45.4 to 46.3ml/min/kg.



MUSCLE

Much to everyone's surprise, Alex's already muscular body actually added more lean mass. His arms increased by 1cm in circumference.

THE LAB TEST

Experts in both swimming and fitness, the team at the University of Bath's Human Performance Lab put Alex through his paces to understand how his body responded to the challenge. "The tests were tough, but seeing my reduced body fat and improved lung capacity has spurred me on to achieve the next level," says Alex. And what next? "I'm going to keep swimming. Definitely."



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TO HELP YOU REACH YOUR END GOAL



GRILLED CHICKEN WITH VEGETABLES, WHOLEGRAIN & QUINOA

Serves 2

- 1 pouch Wholegrain & Quinoa
- 2 chicken breasts
- 1 courgette, sliced
- 100g mangetout
- 1 small red chilli, finely sliced

Method

Heat a grill to medium-high. Brush the chicken breasts with olive oil before grilling for 20min, turning halfway through. (Ensure chicken is thoroughly cooked.) Steam the courgette slices and mangetout for a few minutes. Squeeze the Wholegrain & Quinoa pouch to separate rice, tear 3cm to ventilate, then microwave on full power for 90sec or stir in a pan for 2min. When cooked, plate the ingredients and serve with a garnish of red chilli slices.

PAN-FRIED SALMON AND PAK CHOI WITH WHOLEGRAIN & QUINOA TOMATO & BASIL RICE & GRAINS

Serves 2

- 1 pouch Wholegrain & Quinoa Tomato & Basil
- 2 salmon fillets
- 25g butter & 15g for pak choi
- 100g cherry tomatoes
- 1 pak choi
- 1 red onion, sliced
- 1 lemon, sliced, for juice and garnish
- Salt and pepper to taste

Method

Melt butter in a frying pan and season the salmon with salt and pepper. Add to a hot pan and fry the salmon for 2-3min, then flip for another 2min. Blanch the pak choi for 2min before sautéing for 3min. Squeeze the pouch, tear 3cm into pack to ventilate then microwave on full power for 90sec or stir in a pan for 2min. Put the rice and vegetables with the cherry tomatoes on a plate, place salmon on top and garnish with lemon slices.



MIXED BEAN AND 5 WHOLEGRAINS SALAD

Serves 2

- 1 pouch 5 Wholegrains
- 200g mixed beans
- A small red onion, finely sliced
- A red pepper, diced
- 100g French beans

Method

Boil a pot of water and add French beans to cook for 1min before cooling under a running cold tap. Squeeze 5 Wholegrains pouch to separate rice, tear 3cm to ventilate, then microwave on full power for 90sec or stir in a pan for 2min. Mix 5 Wholegrains together with the cooled French beans, mixed beans, red onion and red pepper. Spoon onto plate to serve.

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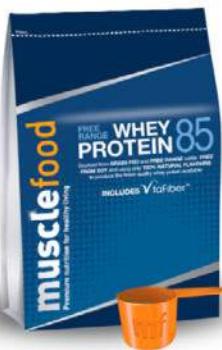
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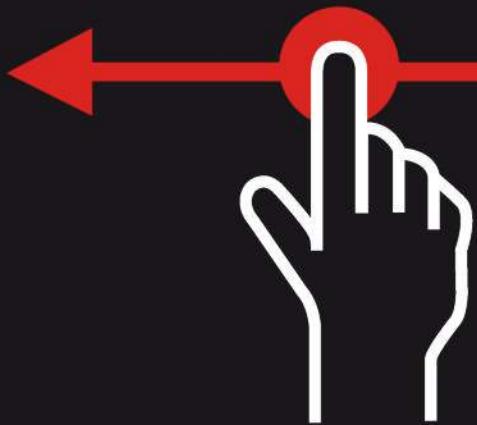
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TRENDS *Of The* EARTH

LOOKING GOOD DOESN'T HAVE TO MEAN BAD TIMES FOR THE ENVIRONMENT. IN FACT, FASHION JUST GOT ITSELF A CONSCIENCE. MH CELEBRATES

12 GREEN IS GOOD

Greens are shooting up the style want-list. Here's where to plant your cash

16 RAISE YOUR GAME

This home-spun lambswool holdall will separate you from the style flock

18 SAVE FACE (& MORE BESIDES)

Cleanse both skin and conscience with a natural bathroom cabinet makeover

21 WELL-MADE IN BRITAIN

Traditional UK craftsmen have become the go-to guys for modern stylists

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Take a walk on the earthier side with raw fabrics and autumnal colours

30 WEAR AND CARE

Swap fast fashion for ethically made get-up with cred as well as a conscience

32 TIME TO GIVE BACK

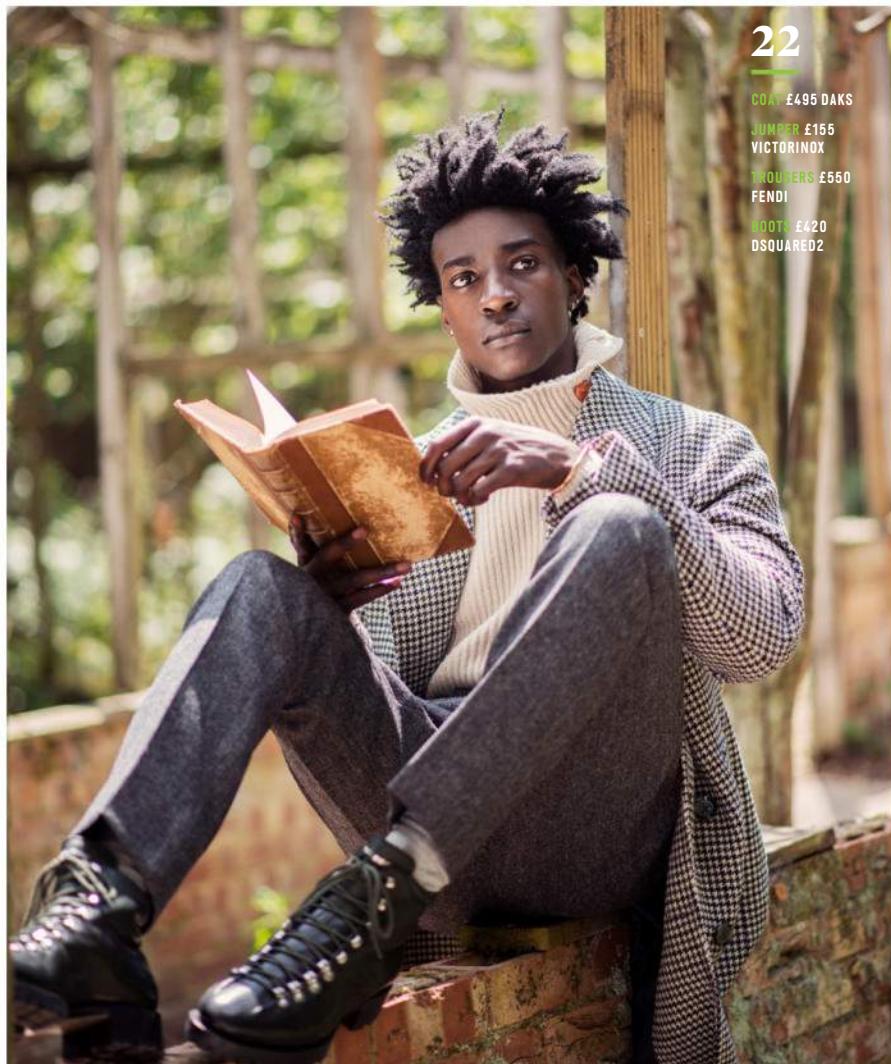
Luxury? Tick. Ethics? Tick. Indulge in watchworld's most philanthropic brands

34 TALK OF THE TOWN

All the gossip from when *MH* celebrated LC:M with menswear upstarts Agi & Sam

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How designer Christopher Raeburn turns military surplus into on-target fashion



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GREEN Is GOOD

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PHOTOGRAPHY BY TIF HUNTER – STYLING BY ERIC DOWN – WORDS BY JOSH SIMS

DENSE FOREST

According to Damien Paul, head of menswear for Matches, buyers tend toward this darker green "because they're conscious of how men like to wear colour – which is to say, soberly. Forest works as a substitute for navy, while still being distinctive. It also looks good with denim, which features highly in most men's wardrobes." As outerwear by everyone from Louis Vuitton to Lou Dalton illustrates, forest has a luxurious quality. But it's practical too, providing black's ease of wear without making the fair-haired look green around the gills.

GROWN BACK
Relaunched this year, the grassy Carven Vétiver smells every bit as gentlemanly as the 1957 original.
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EMERALD CITY

Ever wondered why redheads look so striking in emerald green? As far as colour theory goes, it's a visually comforting combination. This season, emerald features most prominently in leather and felted wool outerwear from Belstaff and Pringle. "It's among the strongest of all greens, so it can be tricky to pair with complementary shades, especially other greens," says colour analyst Rae Jones. "It's easier to set it against darks and neutrals." Think of it as the jewel in your outfit. Try not to think of Jim Carrey as The Riddler.

JUMPER (BACKGROUND)

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£125 AND BEANIE

£45 BOTH DRAKE'S

GLASSES

£80 LACOSTE

PEN

£895 MONTEGRAPPA

SCARF

£170 BERLUTI

BAG

£135 CAMBRIDGE

SATCHEL COMPANY

WATCH

£3090 BREITLING

LOAFERS

£610 LOUIS LEEMAN

BROGUES

£405 CROCKETT & JONES

CROP SPRAY

Comme des Garçons

Amazingreen is

inspired by palm

trees, lush jungle and

forest downpours.

£55 for 50ml

TROUSERS (BACKGROUND)
£275 Y-3

JACKET £2850, SHOES
£395 AND TOTE BAG
£895 ALL BALLY

CARDIGAN £290 MICHAEL
KORS COLLECTION

SWEATER £335 BOULEZAR

POLO SHIRT £60 WOLSEY

MATCH £40 TIMEX

SUNGGLASSES £190
PAUL SMITH

BOOTS £575 JIMMY CHOO

PURPLE PATCH

Paul Smith Men cross-pollinates green fig and violet leaves for a distinctly lush edge.
£18 for 30ml

PEA SOUPER

Pea green is not for everyone, warns Paul, even though it does feature in Matches' in-house collection, Raey: "You see, the stronger greens in accessories – everything from scarves to trainers – which lets you dip into bolder shades without being fully committed." A *souçon* of pea green also works, such as the splashes used by Margaret Howell, or the prints and graphic knitwear from Christopher Kane. Jones agrees that pea green is a classic highlight colour, but be sure to wear it with plenty of navy and charcoal to avoid looking like a pod.

FRESH EIRE

"Creed Green Irish Tweed is masculine, crisp and mossy," says Les Senteurs' James Craven.* £95 for 30ml



TRousers (background)
£295 JOHN VARVATOS
COLLECTIONS
SHIRT £95 AND HAT
£50 BOTH WHISTLES
SCARF £20 H&M
TIE £125 DUNHILL
BAG £1275 TROUBADOUR
BELT £175 TOD'S
WATCH £2800
BELL & ROSS
GLOVES £200
VALENTINO GARAVANI
SHOES £600 JM WESTON

OLIVE ALL

Green is a classic military colour, of course, which is why for AW15 it was inevitably deployed in parkas, flight jackets and outerwear from the likes of Coach and Kenzo, as well as less standard-issue bags from Gucci. "The colour plays to the strong utility trend of recent seasons," says Paul. "But it also appeals to men because it feels masculine, in the same way that camo does." Just be sure to follow orders from Jones and keep olive away from your face if you're fairer skinned – you'll run the risk of looking more washed out than manned up. MH



• INSTANT UPGRADE •

RAISE Your GAME

PICK UP THIS CHECK-YOU-OUT WEEKEND BAG IN LAMBSWOOL AND YOU'LL HOLD YOUR OWN IN MORE WAYS THAN ONE

WORDS BY JAMIE MILLAR
PHOTOGRAPHY BY AARON TILLEY



FINE EDGE
The monochrome colour scheme and black leather trim makes it feel modern rather than too, well, tweedy.

A canvas or leather bag stylishly carries weight in a way a nylon sports bag simply can't. This one is made from lambswool, spun by Scottish mill Johnstons of Elgin for Brit brand Jaeger, continuing an association that dates back to 1884. And as if that isn't pedigree enough, it's handmade by Tusting, which has produced luggage in Northampton since 1875. There, they bond the Johnstons fabric to a cotton twill to give the bag structure and keep water out. Eye-catching and tactile, it is a touch of first class, whether your destination is the office, the gym or further abroad.

£450 JAEGER.CO.UK



WWW.FARAH.CO.UK | EARLHAM STREET, COVENT GARDEN

SAVE FACE *And More* BESIDES

THE BEAUTY INDUSTRY HAS AN UGLY SIDE. CLEANSE BOTH YOUR SKIN AND CONSCIENCE WITH A NATURAL MAKEOVER

WORDS BY LEE KYNASTON
PHOTOGRAPHY BY PIOTR GREGORCZYK

PRETERNATURAL BEAUTY

MAKE WOMEN – AND THE PLANET – LOVE YOU LONG TIME WITH THIS ORGANIC GROOMING KIT

01 NEW LEAF

This aftershave balm contains pumpkin-seed enzymes, which help prevent ingrown hairs. And you thought they were just for pre-gym snacks.

£22 RENSKINCARE.COM

02 GOOD DOG

Saving the planet needn't cost the earth. This bargain moisturiser packs no toxic nasties which can bring an eco-warrior out in a rash.

£8 MEETTHEBULLDOG.COM

03 OIL SLICK

This shaving cream is free from fragrance, parabens (right) and preservatives, and is more calming than meditating to whale song.

£13.95 NIVENANDJOSHUA.COM

04 BOUNTY SPA

With cleansers derived from fruit sugars and the inescapable coconut oil, this shower gel won't dry you out like a desert rat.

£18 BODHIANDBIRCH.COM

05 TRIM WASTE

More than four billion razors end up in landfill every year. This one's handle is made from recycled yoghurt pots, which will go some way to eroding Mount Activia.

£7 MANORGANIC.COM

06 SMELLING SALTS

This mineral salt alternative to antiperspirants works by inhibiting bacteria, not blocking sweat ducts. Rank feet? It works on them, too.

£7 WAITROSE.COM

07 BRUSH UP

Traditional badger hair trumps synthetic brushes because it softens and lifts facial hair for a better lather and smoother shave.

£70 TAYLOROLDBONDST.CO.UK

08 BUZZ HEAD

This styling clay eschews the silicone polymers used to make hair look shiny in favour of essential oils and organic beeswax. Sweet.

£22 MANORGANIC.COM

A CLOCHE SHAVE:
SHIELD YOUR SKIN
FROM IRRITANTS



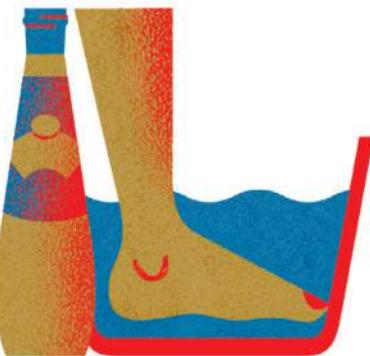
HOME SPA WISDOM

IF YOU'RE IN A PINCH OR JUST PINCHING PENNIES, THESE KITCHEN STAPLES CAN DO THE JOB OF YOUR GROOMING PRODUCTS ALMOST AS WELL

01

BLENDED MALT

Kick athlete's foot into touch by making a footbath with half a cup of vinegar and just enough water to cover your feet. "It changes the skin's pH so the fungus cannot grow," says Margaret Briggs, author of *Making Natural Cosmetics*. Best not do this one in the changing rooms.



02

OAT SO SOOTHING

Oats are rich in polyphenols, which are anti-inflammatory; that means you can use them to alleviate all manner of skin issues, from acne and eczema to razor burn and sunburn, says Briggs. Mix 2tbsp of oats with 1-2tbsp of plain yoghurt. Coat your face for 10 minutes, then rinse. Try not to eat.



03

PEEP FREEZE

Expensive eye gels reduce your ocular baggage. But so will pretty much anything cool, by constricting blood vessels. Try two cold spoons, the classic cucumber slices – which add moisture and antioxidants as a bonus – or cold teabags. Green, as always, trumps builder's.



04

SODA, NO STREAM

More men are cottoning onto dry shampoo, which reduces shine without stripping hair's natural oils. Make your own with bicarbonate of soda: it's naturally deodorising. "Sprinkle into your hair at the roots and rub it in," says Briggs. Not too much, or you'll look like Paul Hollywood.



THE CHEMICAL BOTHERERS

LEARN WHETHER THE GROOMING STAPLES IN YOUR BATHROOM CABINET ARE HOME TO MORE IRRITANTS THAN SHOREDITCH

ILLUSTRATIONS: ALCONIC AT SYNERGY, JAMES GRAHAM | £30 PULSE ECO SHOWER.COM | BUTTERFLIES: THEODORE ASKEW

	WHAT THEY DO	FOUND IN	THE DANGER	THE ALTERNATIVE
PARABENS (METHYL-, BUTYL- AND PROPYL-)	Widely used in cosmetics as a preservative	Everything from moisturisers to fragrances	Parabens mimic the female hormone oestrogen and butyl-paraben is shown to lower testosterone. Translated: moobs	BRYT grooming products, bryt skincare.co.uk
SODIUM LAURETH (OR SODIUM LAURYL SULPHATE/SLS)	Makes products foam, as well as dissolving grease	Shower gel, face wash, shampoo and toothpaste	SLS can lead to eczema and dermatitis, while a University of Oslo study linked the SLS in toothpaste to mouth ulcers in some people	JĀSÖN natural toothpastes, jason naturalcare.co.uk
NANO-PARTICLES	Allows other ingredients to permeate skin	Serums, anti-wrinkle creams, clear sunscreen	The jury is still out, but one study showed that zinc oxide – used in sunscreens – can damage cell DNA when reduced to nano size	Badger Company sunscreens, luxebe.com
PHTHALATES	Increases the staying power of fragrances	Fragrances, skin creams and deodorants	Something smells fishy: phthalates have been linked to everything from asthma to reduced fertility. Proof is sketchy, though	Weleda skincare products, weleda.com
TRICLOSAN (OR TRICLOCARBAN)	Acts as an anti-bacterial and preservative	Deodorants, soaps, and hand and body washes	While there's little evidence yet of human risk, animal tests show it alters hormones and we know it can be absorbed by humans	Green People products, greenpeople.co.uk



Save water and cash to the tune of this percentage by using a Pulse Eco showerhead†, which fires rapid bursts instead of a continuous stream – so fast you won't notice.





RIVER ISLAND

#IMWEARINGRI   

DESTINATION SHOPPING

(Expertly) MADE In BRITAIN

WHO SAYS THEY DON'T MAKE THEM LIKE THEY USED TO? SET YOUR SARTORIAL SATNAV FOR THESE BASTIONS OF UK CRAFTSMANSHIP

WORDS BY JOSH SIMS
ILLUSTRATION BY ALCONIC

01**THE OLDEN FLEECE**

Harris is a byword for tweed for reasons beyond Vivienne Westwood rebooting interest: the islanders hand-make the fabric at home and its quality is protected by an Act of Parliament. It's not just for tatty professors, as recent visitors Nike, Junya Watanabe and Marc Jacobs have taught.

Key purchase Soulland's tweed bomber jacket.

£419 SOULLAND.COM

**02****RUNNING STITCH**

You might not expect the town of Hawick to pull in Hermès and Louis Vuitton. But the one-time home of Pringle, Lyle & Scott and Ballantyne has been where knit's at since the 1770s: Chanel even bought the unglamorously named mill Barrie. Local waters are said to give a better "handle" (feel).

Key purchase

Johnstons of Elgin's cashmere hoodie.

£299 JOHNSTONSCASHMERE.COM

03**DIGITAL REVOLUTION**

The name was unpromising, but James Winter's 1807 invention of the "gloving donkey" – a brass-toothed clamp that enabled more even stitching – in Somerset made the West Country glove-making central. Old hands Dents and Chester Jefferies continue to attract custom for their grasp of the surprisingly fiddly process.

Key purchase Reiss' new premium gloves (by Dents).

£70 REISS.COM

04**THEY'VE GOT HOSE**

Some 18,000 machines were cranking out socks in Leicester by the mid-1800s, making it an international hosiery hub. HJ Hall and Pantherella still knit socks for the likes of Richard James and Brioni with a unique interweaving of Victorian and slightly more modern innovations.

Key purchase Pantherella's Danvers (worn at Baartmans & Siegel SS16).

£12 PANTHERELLA.COM

05**MILL-ENNIALS**

Yorkshire and Lancashire agree on little except the traditional hand-spinning methods for shirting fabrics, making them the go-to since the 1600s. That's why trad brands Turnbull & Asser and Budd go there for their raw materials – plus modern ones that prize made-in-Britain, like Margaret Howell.

Key purchase

Private White VC's chambray button-down.

£159 PRIVATEWHITEVC.COM

06**BROGUE AGENTS**

Northamptonshire has been shoe Mecca since the Middle Ages, thanks to abundant oak bark that's ideal for leather tanning. Small wonder that Cheaney, Crockett & Jones, Alfred Sargeant et al do endless private label work for fashion brands, or that Prada snapped up Church's in 1999. If you can't beat 'em, buy 'em.

Key purchase Grenson's limited-edition tonal green brogues with wedge sole.

£370 SELFRIDGES.CO.UK

• THE PORTFOLIO •

INTO *The* WILD

DESIGNERS HAVE GONE BACK TO NATURE FOR AW15, WITH RAW FABRICS AND A PALETTE TAKEN FROM THE SEASONS.
WE THINK IT'LL GROW ON YOU

PHOTOGRAPHY BY PIP
STYLING BY ERIC DOWN
WORDS BY JAMIE MILLAR

JACKET £1900 COACH
BLAZER £499 JAEGER
SWEATER £180 WOLSEY
TROUSERS £330
WOONYOUNGMI
SHOES £50 CONVERSE
CHUCK TAYLOR ALL STAR



BE A STYLE SHEPHERD

Get your fleece on. "Shearling was everywhere at the shows," says Damian Paul, head of menswear at matches fashion.com. Suited to robust tailoring, knits and denim, they're as badass as Bane – and not just for Christmas: "Some versions like Maison Kitsune's have detachable linings for mild weather." Shear genius.

01

SHEEP'S COATING

This ace jacket is from US accessories brand Coach's first-ever menswear collection, by Brit designer Stuart Vevers. It's headed in the right direction.

02

COLD COMFORT

Part of Wolsey's 260th (!) anniversary collection, this limited-edition UK-made jumper is inspired by ones the company supplied to Arctic explorers.

03

DARK MATERIALS

Clashing checks and herringbone is a power move; keeping them in the monochrome family – black, white and grey – prevents it becoming overpowering.

GET YOUR (BIG-ASS) COAT

The 'statement' wool overcoat was another overarching theme, and one that you'll wear way beyond winter – even if it's camel. "It's a mainstay you can dress up and down," says Paul, although he prefers the latter: "A casual outfit stops it looking too retro. They look great with denim." Well, clearly.

01

NICE TOUCH

Swapping your cotton shirts and silk ties for wool equivalents in winter is a smart move. The texture also works better smart-casually with rugged denim and cord.

02

WEARABLE TECH

It seems counterintuitive, but camel hair is an excellent insulator. (Deserts get cold at night.) But it's also 'thermostatic', so it'll stop you melting too.

03

SUIT-CUT JEANS

These 'wool denim' trousers by Christopher Raeburn (see p37) are more relaxed than standard tailoring but smarter than jeans – and won't pinch any nerves.



COAT £645
PAUL SMITH LONDON

JUMPER £290 MICHAEL
KORS COLLECTION

SHIRT £295 AND TIE
£84 BOTH HARDY AMIES

TROUSERS £299
CHRISTOPHER RAEURN

SOCKS £4.50 PRINGLE
OF SCOTLAND

SHOES £435
ALEXANDER MCQUEEN



SWAP YOUR GAME PLAN

As the sports-luxe trend plays on for another season, designers are substituting man-made, flammable fabrics for natural ones, as in Lou Dalton's take on the zip-up track jacket. "I've always been obsessed with wool," she says. "In this less traditional form, it feels more luxe." Which is the name of the game.

01

BARE ARMS

Tank tops are everywhere from Prada to Topman: they provide warmth without sleeve bulk – and in high-contrast black and white, they're not too Jackson 5.

02

UTILITY PLAYER

This track top also conceals cutaway vents at the armpits taken from the liner of a military flight jacket, explains Dalton: "It's more breathable and practical."

03

PRINT GUARD

Tartan is another pattern that can come on a little strong. But in all-black, like on these Lou Dalton trousers, it's subtly sophisticated, not Krankie.

02

03

COAT £2105
SALVATORE FERRAGAMO
BOMBER £615
AND TROUSERS £275
BOTH LOU DALTON
JUMPER £36 TOPMAN
AND SHIRT £28
BOTH TOPMAN
SUNGASSES RAY-BAN
STYLIST'S OWN
WATCH £100 NIXON
BRACELET £160 MIANSAI



TURN OVER AN OLD LEAF

The shearling trend was part of a '70s catwalk revival that also included earth tones. But unlike flares, you can incorporate autumnal colours without going all Bay City Rollers. Green is big news (as you saw on p12), but browns, rusts and mustards also cut it. Let Mother Nature – and MH – be your stylist.

01

SECOND SKIN

This leather 'shacket' by Polo Ralph Lauren can double as a light jacket or a heavy layering piece. Plus it'll age better than George Clooney's wine cellar.

02

MANE STYLE

Neil Barrett's collection was a standout of the season, with 'naturalised' sportswear pieces like cable-knit bombers and this wool (rather than cotton) sweatshirt.

03

GREAT STRIDES

The pleats on these Emporio Armani trousers are an on-point feature of the move to slacker slacks. But they're functional too, giving you room to manoeuvre.

JACKET £1195
POLO RALPH LAUREN

JUMPER £570
NEIL BARRETT

TRousERS £385
EMPORIO ARMANI

BELT £125 PAUL SMITH

WIDEN YOUR STANCE

On-trend wide trousers are comfy and slimming – and they make sense in heavy wools that hang properly. Pair with a tailored smart or cropped casual jacket that emphasises your waist. “Wear them with a Harrington or bomber,” says E. Tautz designer and main proponent Patrick Grant.

01

HIKED DOWN

The soft ‘raglan’ shoulder of this overcoat looks more natural with casual outfits – and less like an NFL jersey over shoulder-padded tailoring.

02

SQUARED OFF

As well as being similar colours, the checks on this Bally coat, M&S scarf and Hardy blazer are on different scales, so they complement each other rather than clash.

03

SURE FOOTING

Wide trousers can be a bit ‘Oxford bags’: a pair of trainers like these Chuck Taylors updates the look and takes any donnish edges off.

SCARF £20
MARKS & SPENCER
COAT £1450 BALLY

BLAZER £575
HARDY AMIES
T-SHIRT £507
SALVATORE FERRAGAMO
TROUSERS £395 E.TAUTZ
SHOES £50 CONVERSE
CHUCK TAYLOR ALL STAR







VICTORINOX

GALLEN JACKET

95/96 New Bond Street, London



MAKERS OF THE ORIGINAL SWISS ARMY KNIFE | VICTORINOX.COM

WEAR And CARE

ETHICAL FASHION DOESN'T HAVE TO MEAN VELCRO SANDALS AND A BRAIDED PONYTAIL. MATCH YOUR STYLE CRED TO YOUR CONSCIENCE WITH MH'S ECO-FRIENDLY OUTFIT

WORDS BY MATT HAMBLY



05 SUGAR COATING

Ethical e-tailer Brothers We Stand boasts a 'footprint' tab on every product – such as this Ecoalf trench coat, made from recycled nylon fishing nets. (Bonus: the nylon in nets is top-notch.) Ecoalf also refashions garmes from tyres, cotton and coffee grounds.

£290 BROTHERS WE STAND



06 HIDING NOTHING

This backpack doesn't carry any baggage: its leather is a meat by-product that's usually wasted, so no cows died just to cart around your kit. Even better, British brand Beara Beara pays family-run companies of skilled Bolivian craftsmen to make its bags.

£165 BEARA BEARA



01 GREEN WASH

Surf brand Finisterre has won awards for its ethical stance; it even sells repair kits to ensure its clothes last. As the brand's website illustrates, 80% of the total energy use connected with your clothes occurs in your home. Best set your machine to 30°C.

£48 FINISTERRE



02 GLOBAL COOLING

American Apparel brings to mind reliable basics (such as this mandarin shirt) and reliably pornographic ads. But it also proudly pays its garment workers up to 50 times more than competitors. Plus it has solar-powered offices and keeps its factories' water usage locked down.

£70 AMERICAN APPAREL



03 GRASS ROOTS

Hemp is a top textile as well as a protein source: it needs half the watering that cotton does, sucks up more CO₂ and tills the soil with its roots. Meanwhile, Jungmaven's organic dyes come from foodstuffs such as walnuts, pomegranate and red wine – good for you and the planet.

£100 JUNGMAVEN



04 TINY FOOTPRINT

Veja gets its kicks from latex tapped from rubber trees in the Amazon – and pays a fair price, thereby discouraging deforestation in favour of more profitable wood-farming. It also uses the equivalent of 15 recycled plastic bottles to create its breathable mesh inserts. Landfill your boots.

£75 VEJA



07 MAKING STRIDES

Nudie's selvedge jeans are woven from organic cotton on old-fashioned smaller looms, rather than industrial ones. The brand is also improving working conditions through the Fair Wear Foundation. And, given selvedge doesn't need washing for the first six months, you'll save water too.

£185 NUDIE JEANS



60
YEARS
OF ORIGINAL PENGUIN

#BEANORIGINAL | ORIGINALPENGUIN.CO.UK

• WRIST ASSESSMENT •

TIME To GIVE Back

SWISS WATCHES MIGHT BE THOUGHT OF AS AN EXTRAVAGANCE BY SOME, BUT THEY'RE BUILT TO LAST AND GREENER THAN YOU REALISE. INDULGE WITH A CONSCIENCE

PHOTOGRAPHY BY AARON TILLEY

From sweatshops to supercars, the luxury industry doesn't have the best track record when it comes to social or ecological responsibility. A luxury is, by definition, the opposite of an essential. So who needs a conscience?

Well, the Swiss watch industry, for one. In fact, it's very ecologically sound. As the name suggests, it's a localised cottage industry making tiny objects – the logistics barely amount to the odd van trundling in the Jura mountains.

Switzerland is also home to innovative architecture practices. So with the recent boom in watchmaking, there's been a concomitant boom in factory buildings that conform to the country's 'Minergie' standard of low energy consumption. IWC's new atelier is carbon neutral.

"Luxury watches are made with minimal resources, in workshops where they recycle even their notepaper," says TAG Heuer's Notting Hill-based chief designer Christoph Behling. "In the case of an automatic, it's powered by the movement of your arm, not a polluting battery. Plus it will live as long as you do."

Swiss watchmakers also have a good track record when it comes to giving back. Take TAG's sponsorship of the electric Formula E series: a worthy move given the brand's usual association with the highfalutin (and pollutin') world of F1. TAG Heuer's Formula 1 Chronograph (£1550) **01** reverse engineers that tech, with a lightweight chassis and a precise battery-powered quartz under the hood.

But while we wait for Formula E's innovations to trickle down to your driveway, hard cash is being diverted

to the sharp end of environmental conservation. Part of the proceeds from IWC Aquatimer Chronograph Edition Galapagos Islands (£8250) **02** go to the Charles Darwin Foundation, helping preserve the ecosystem that inspired his theory of evolution (and offsetting IWC's own F1 involvement). And you get a lot of watch for your money: a 68-hour power reserve and quick-change bracelet so you can swap from wetsuit-appropriate rubber to work suit-friendly leather.

On the fashion front, the Shore Projects Project 2 (£135) **03** is as changeable as the weather on the British coast, with easily switchable straps in all colours. It too is in on the green trend: £1 from every sale goes to the Marine Conservation Society.

At the opposite end of the watch spectrum is Jaeger-LeCoultre, which has been working with Unesco to protect World Heritage marine sites. All of its watches give something to the cause, but if you want to take the plunge, choose the Deep Sea Chronograph (£7650) **04**. Its case will stand up to most maritime exploits, being water-resistant to 100m with an indicator that lets you see if your air supply-timing chrono has stopped, while its design dates back to the late '50s – a golden age of scientific expeditions.

For something more timely, try the Tudor North Flag (£2430) **05** from Rolex's sister brand. It's inspired by the Oyster Princes worn for the British North Greenland Expedition but turns it into something new, with the brand's first in-house movement. Tudor also supports the Hudson River Project, for which furniture-maker and creative type James Bowthorpe will build a boat using materials scavenged from Manhattan's streets, row it to the source, then back to NY. The point of the exercise – and the Mogwai-soundtracked film being made to document it – is to raise awareness of waste. Or Flag it up, if you will.



ALEX DOAK

As a renowned writer in the watch world, Doak knows what makes the Swiss tick





WATCHING WASTE

IWC takes its green commitment seriously, as these stats from its 60-page report on social responsibility prove. We imagine they don't print it...

02

Electric cars (partly solar powered by roof panels) ferry staff to and fro IWC's Schaffhausen HQ and Neuhausen production.

1000

Kilos of waste per year eliminated by supplying employees with a glass drinks bottle and china cup (100% recyclable).

255,000

Litres of rain captured in drums around the compound to be used in sanitary installations (read: toilets and sinks).

60

Length in metres of the heat exchanger in the Schaffhausen sewage canal, which recovers energy from... you know.

TALK Of The TOWN

WHEN LONDON COLLECTIONS: MEN – AKA THE CAPITAL'S SEASONAL MENSWEAR SHOWCASE – CAME ROUND AGAIN, FRANKLY THAT WAS ALL THE EXCUSE WE NEEDED FOR A PARTY

PHOTOGRAPHY BY BEN PRUCHNIE



For SS16 we took the *Men's Health* party – in conjunction with design duo Agi & Sam – to the next level, literally, at the Radio Rooftop Bar at London's ME Hotel. With DJ Murkage Dave dropping some old-school hip-hop, guests sank a variety of drinks: Nyetimber Brut Reserve; Innis & Gunn beers; Don Papa daiquiris; Crown Royal whisky and cokes; Finlandia, lime and sodas; and "Fin" and tonics with grapefruit vodka and actual fruit. (Well, we are *Men's Health*.) Not all mixed together, mind.



JIM CHAPMAN AND DARREN KENNEDY



CONOR MAYNARD



CHUKA UMNUNA MP AND MH EDITOR TOBY WISEMAN



BILLIE JD PORTER



JACK WHITE-DUNCAN, BELINDA HABERLEY, GUILLAUME MARLY AND IAIN WHITE-DUNCAN



AGI AND SAM – OR RATHER SAM AND AGI



KATIE READMAN AND TOM WARREN



LUKE ROBINS AND ESTÉE LAUDER PRESIDENT CHRIS GOOD



RAISING THE BAR:
THE HIGH-END SPIRITS
AND SPARKLES ON OFFER



FRONT-ROW TREAT:
OUR BAGS AT THE
AGI & SAM SHOW

SURVIVING IN STYLE

Always a key piece of the shows, *MH*'s Survival Pack – complete with Agi & Sam design – contained everything the fashion crowd needed to get through the shows with a little help from our friends (right). We also included a copy of our *Urban Active* fashion supplement. (Stay tuned for the AW15 issue next month.) Because there's only so much time you can spend refreshing Instagram while waiting for the shows to start.

WHAT'S IN THE BAG?

- Marks & Spencer Percy Pigs and pocket squares
- BLK alkaline fulvic trace mineral-infused water
- Propercorn popcorn
- Urban Fruit dried, er, fruit
- Perricone MD moisturiser and cleanser
- Men's Health beef jerky
- Gold Collagen skincare supplement
- Core Collective gym pass
- Doves Farm chia flapjack
- Filofax notebook
- Rituals shower foam
- Gusto organic cola
- Glenmuir socks
- Men's Health *Urban Active*



TINIE TEMPAH



MIKEY DALE WITH THIS SEASON'S MUST-HAVE



DJ MURKAGE DAVE
ON THE DECKS

ROOM WITH
A VIEW: ME
HOTEL'S RADIO BAR



THE FASHION PACK
HAD DESIGNS
ON OUR BAG



AGI & SAM



RADIO
LONDON

ME
LONDON



FROM CATWALK TO STREET

As the *MH* Survival Packs coordinated with the collection, they were distributed at Agi & Sam's show. There they started an instant trend, and were carried with pride by everyone from LC:M ambassadors Tinie Tempah (left) and David Gandy (bottom) to tastemakers such as beardstachioed model Chris Millington (bottom left). And judging by how unceremoniously everyone ripped into the Propercorn and *MH* jerky, they were gratefully received. Although people seemed most stoked about the Glenmuir three-pack of socks. Well, you do always need socks...



Be Loyal To Your Skin

All our products are purpose built for men and packed with amazing natural ingredients that really work.
Bulldog is man's best friend.

meetthebulldog.com



STOCKISTS

ALEXANDER MCQUEEN 020 7494 8840	LACOSTE OPTICAL MARCHON.COM
ALLSAINTS ALLSAINTS.COM	LOU DALTON LOUDALTON.COM
BALLY BALLY.CO.UK	LOUIS LEEMAN LOUISLEEMAN.COM
BEATS BY DRE UK.BEATSBYDRE.COM	LOUIS VUITTON LOUISOVUITTON.CO.UK
BELL & ROSS BELLROSS.COM	MARKS & SPENCER MARKSANDSPENCER.COM
BERLUTI BERLUTI.COM	MIANSAI MIANSAI.COM
BOULEZAR BOULEZAR.COM	MICHAEL KORS COLLECTION HARRODS.COM
BREITLING BREITLING.COM	MONTGRAPPA HARRODS.COM
BRUNELLO CUCINELLI BRUNELLOCUCINELLI.COM	NEIL BARRETT HARRODS.COM
CAMBDRIDGE SATCHEL COMPANY CAMBRIDGE SATCHEL.COM	NIXON NIXON.COM
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WHAT Is OLD Is NEW

DESIGNER CHRISTOPHER RAEURN MADE HIS OWN-NAME BRAND BY TURNING SURPLUS FABRIC INTO CATWALK FASHION. HE EXPLAINS WHY "SELFISH SUSTAINABILITY" GIVES YOUR WARDROBE STAYING POWER

PHOTOGRAPHY BY NATHAN PASK

This season's collection started with a 25-man life raft which I bought online.

It weighed just over half a tonne and inside it had everything that 25 people would need to survive on the open ocean for a month: food, water, flares, you name it. We built the collection around that concept, but we also physically deconstructed the raft and reused it to make bomber jackets, long parkas, gloves – all of these different items that still had that really hardy nature.

The key is that these original things have real functionality. By intelligently deconstructing them, and sometimes mixing them with new fabrics, you end up with a product that has function but also authenticity and a story.

I'm also artistic director of Victorinox. For them, we made watch straps and bumpers out of old Swiss Army ammo pouches. The crazy thing is that there really is so much of this stuff. And as with any government organisation the military has to overproduce, so you're able to access it in volume. Then there's the functionality. My fascination is with that archaeology, finding the stuff and making it useful again. And the storytelling – where does the thing come from?

Our collections always include an animal mascot. They're made from leftover fabric and originally we'd give them to stores to say thank you. It wasn't deliberately eco-conscious but they go in shop windows or on office desks and get people thinking about sustainability. You can talk a fashion buyer through an entire collection: six months of work, all these innovations. Then you show them a stuffed polar bear and they're like, "Wow, you made that?"

For us it's not about standing on a soapbox. It's about the process being design-led, and about creating a product which is appealing – above everything, it's still about aspiration. Someone in a department store like Liberty or Barneys still needs to be drawn to our product. I love that it might be only when they



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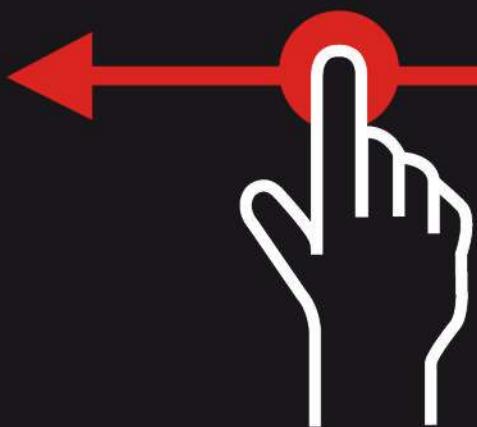
REMADE FROM RAFTS:
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get home that they realise from the instructions what it's made from. Victorinox is unbelievably sustainable at its core. It's very much what they believe in, but I've been able to bring a lot of our own thinking and aesthetics. We've also worked with Moncler, Porter and Nike. At Christopher Raeburn, we do all we can to try to minimise our environmental impact. We're pretty good in terms of how everyone cycles to work and so on. I find cycling very cathartic. My older brother Graeme is one of the head designers at Rapha, and he is really mad on cycling. But I'm not one for racing headlong into traffic. For me it's just the easiest way to get around London: you can get anywhere in half the time that you could on public transport or in a taxi. It's better for the environment and for me. I make do and mend. Although I can't say I always do it personally. We have really skilled seamstresses at the studio.

Men's Health

SWIPE TO CONTINUE...





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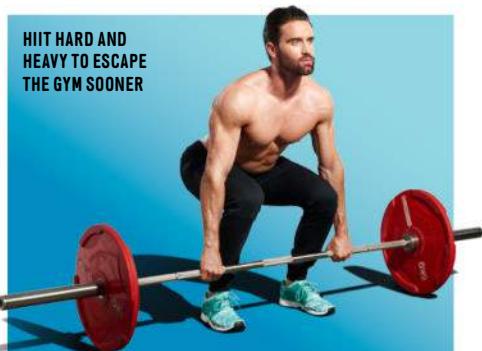
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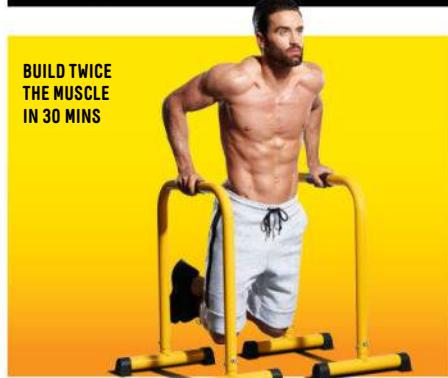
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07

MAKE MORE OF YOUR TIME AT THE BAR



Think you have the barbell sussed? Well, think again. In the first section of this manual, we present 17 new ways to supersize your arms, while flooding your muscles with growth hormone

BARBELL MOVES

P07

BARBELL WORKOUT

P18

23

SKIP THE GYM AND STILL ADD INCHES



You don't need metal for heavyweight results. Transform your torso at home with weights-free moves that pack on bulk and double up as cardio. Best think up some new excuses

BODYWEIGHT MOVES

P23

BODYWEIGHT WORKOUT

P32

35

SEE BIG RESULTS FROM SIMPLE MOVES



Finally, we present 16 upgrades on your standard biceps curls to hammer your arms from every angle. All it takes to add size is two dumbbells – and a fair amount of determination

DUMBBELL MOVES

P35

DUMBBELL WORKOUT

P44

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TIME AT THE BAR

The most basic piece of equipment your gym has to offer can also be the most effective and versatile for building biceps and triceps. These barbell moves will add size, strength and definition to your arms



01 \ SUPPORTED SPIDER ROW

YOUR RDA: 3 SETS OF 15 REPS

Your journey to bigger arms begins on the bench. As well as working your biceps, this move will strengthen your lats and traps, creating a solid base for the upper-body moves to come. Set a bench at a 45-degree angle and lie with your chest against the top of it. Begin with the bar in a dead hang, palms facing behind you, and bend your arms slightly (A). Draw your shoulder blades together to row the bar up (B). Try not to lift your chest off the bench – that's cheating.



THE TRAINER



JAMES STARK As a Tabata master trainer, Stark knows how to push your limits to deliver your most impressive results yet. All you need to do is supply the effort.

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02 \ CALIFORNIA PRESS

YOUR RDA: 5 SETS OF 8 REPS

This starts off like your regular bench press, but stretches your triceps a little further for greater shirt-straining gains. Lie on a flat bench and hold a loaded bar with your palms forward, just narrower than shoulder-width. Bend your elbows to (carefully) lower the barbell toward your forehead, then push the bar down your body to the bottom of your ribcage (**A**). Exhale as you extend your arms back up (**B**).

**FRONT UP**

The closer grip focuses growth on your inner pec, for a more defined dip in your chest



03 \ BENT-OVER ROW**YOUR RDA: 3 SETS OF 20 REPS**

You might be familiar with this move as a back-building staple, but going heavy on your rows places serious demand on your biceps, too. Grab the barbell with palms facing your legs, bend your knees and hinge forward at the hips until you feel a slight stretch in your hamstrings. Brace your core and row the bar up to the bottom of your ribcage (A), squeezing your shoulder blades at the top. Lower back to a dead hang (B) and repeat the row.

**04 \ EZ STANDING WRIST CURL****YOUR RDA: 3 SETS OF 20 REPS**

Standing tall, hold an EZ bar (the zig-zag one, in case you're unsure) in front of you using a narrow grip, with your palms facing up and elbows bent (A). Keeping your arms as still as possible, curl your wrists up toward your body until you feel the strain in your forearms (B), then slowly lower. You're working the main flexor muscle involved in finger strength, which will earn you a vice-like grip for the bigger lifts – and a bone-crushing handshake for good measure.





05 \ CLOSE-GRIP BENCH PRESS

YOUR RDA: 3 SETS OF 8 REPS

Narrowing your grip works all three heads of the triceps, along with your chest, to sculpt eye-catching definition. Lying on a flat bench, hold the barbell with your hands roughly 10cm apart. Bend your elbows to slowly lower the bar to your chest (A). Try to keep the movement vertical, not diagonal – the unnecessary distance is a waste of effort. When your knuckles are almost touching your chest, push back up to the start position (B). Pause for a beat and repeat.

06 \ WIDE-GRIP EZ PREACHER CURL

YOUR RDA: 4 SETS OF 12 REPS

As with the EZ bar, the preacher bench is often ignored by gym-goers. It's time for a sermon. The bench helps to isolate the biceps, so you can focus on reaching peak contraction. Hold the bar with a wide grip and rest your arms flat across the bench, palms up (A). Curl the bar toward you, squeezing your elbows inward to hit your inner arm in the process (B). Hold for a second at the top, then gradually lower to the start to build biceps that pop out above the elbow.





07 \ EZ CABLE PUSHDOWN

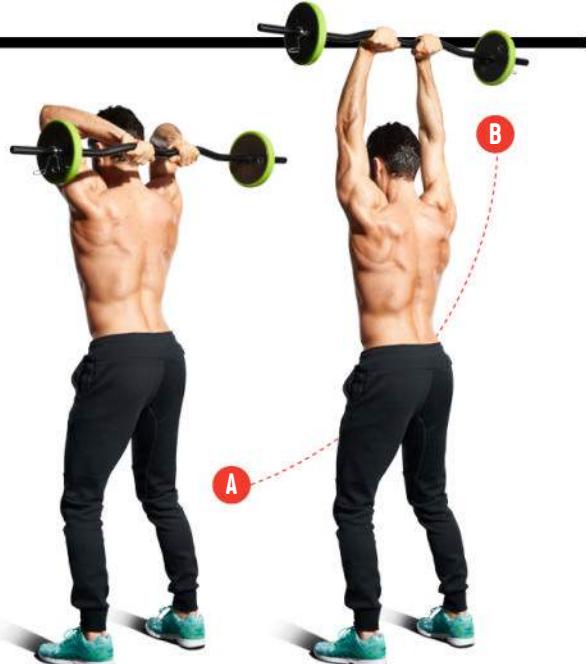
YOUR RDA: 4 SETS OF 15 REPS

Unloading the bar doesn't mean your arms are getting a breather. Pushdowns allow for maximal strain on your muscles at the point of contraction, making this a go-to move for stability. And they're pretty simple to do, too. Step up to a cable pulley with an EZ bar attachment and grab it with palms facing down (A). Keeping your elbows glued to your sides, push the bar down toward your thighs, locking your elbows out and squeezing your triceps at the lowest position (B).

08 \ EZ STANDING FRENCH PRESS

YOUR RDA: 4 SETS OF 12 REPS

Use these to build upper arms of continental proportions. Grab an EZ bar with an overhand grip and press directly overhead, locking out your arms. Keeping your upper arms still, bend to lower the bar behind your head with your elbows pointing skyward (A). Squeeze your triceps to press up (B). Imagine you're trying to pull the bar apart to activate the maximum number of muscle fibres. If you're investing time in the gym, you want to see a decent return.



09 \ REGULAR DEADLIFT

YOUR RDA: 5 SETS OF 8 REPS

Leave the wrist straps in your kit bag – a natural grip is the key to bigger forearms. Step up to a loaded barbell, feet shoulder-width apart, and bend down to hold it with an overhand grip. Before the lift, drop your hips so your glutes are close to the floor and take the strain on your arms (A). Resist the urge to sit down. With arms straight, drive through your heels to lift, keeping the bar close to your shins until it reaches your knees, then drive your hips forward to stand (B).



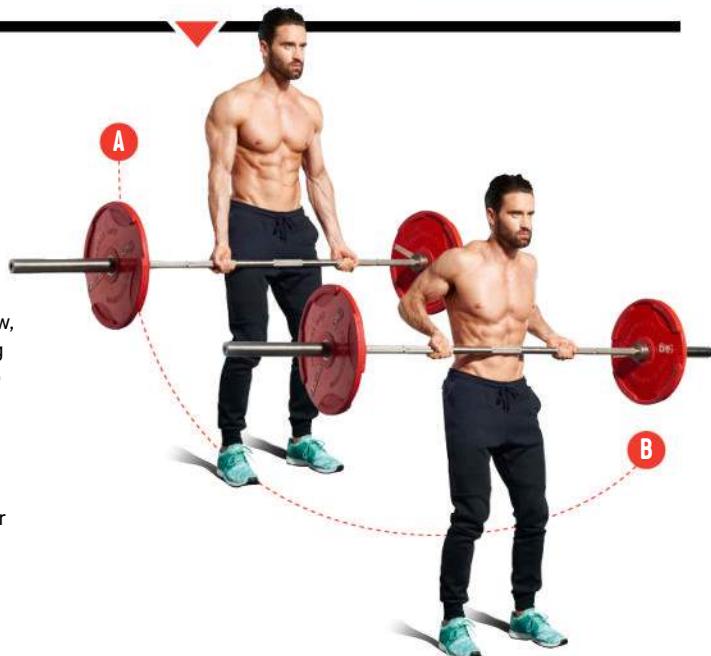
10 \ DRAG CURL

YOUR RDA: 4 SETS OF 10 REPS

This '70s bodybuilding classic is one throwback worth adding to your modern repertoire.

Standing tall, hold a barbell in front of your thighs with your palms facing forward (A).

Keeping the tempo nice and slow, draw your elbows back and drag the bar over your (newly honed) abs and up to your ribs until your biceps are fully contracted (B). Lower along the same path, keeping the bar in contact with your body to work both the inner and outer head of the biceps.

**11 \ REVERSE-GRIP BENCH PRESS**

YOUR RDA: 3 SETS OF 8 REPS

This one might feel strange at first, but trust us, you'll be good for it. By reversing the grip (so your palms face toward you) you'll hit your triceps harder and with less weight than you'd load on when using a normal grip. Lie on a flat bench and hold the barbell with your hands shoulder-width apart (A). Keep your elbows close to your body as you lower the bar to your chest (B), then squeeze your triceps to explosively push the bar back until your arms are extended.



**12 \ STANDING BICEPS CURL**

YOUR RDA: 3 SETS OF 12 REPS

Varying your workout regime is paramount, but old standards still have their place. To put your biceps through their paces, grab a bar and stand with your back against a wall, palms forward and elbows tucked in (A). Keep the length of your spine in contact with the wall throughout the move, and brace your core as you curl the bar toward your shoulders. Hold for a second at the top (B), then lower. Squeeze your triceps when the bar makes contact with your thighs to stop yourself from cheating. Now drop the bar and slide down that wall.

13 \ EZ SKULL CRUSHER

YOUR RDA: 4 SETS OF 12 REPS

Don't let the sinister name deter you; this is an easy way to hone your triceps. Lie back on a flat bench, holding an EZ bar with an overhand grip above your chest. Bend your elbows, keeping them tucked in, and lower the bar to the crown of your head over a count of two (A). Squeeze your biceps at this point to emphasise the stretch on the long head of the triceps and pause for a second. Push back up, under control, until your arms are fully extended again (B).



PREHAB WORK

Drop the weight to use this as a shoulder mobility move before going heavy on biceps curls



14 \ INCLINE BENCH OVERHEAD CABLE

YOUR RDA: 3 SETS OF 10 REPS

Try using this one as a finishing move for an extra shot of growth hormone. Attach two handles at the bottom of a pulley machine, then sit back on an incline bench facing away from the pulley.

Tense your abs and extend your arms above your head (A). Slowly lower the handles behind you by bending your elbows (B). Only your forearms should be moving. When your triceps are fully stretched, squeeze them to extend your arms and return back to the starting position.

15 \ EZ REVERSE PREACHER CURL

YOUR RDA: 5 SETS OF 12 REPS

No matter how many curls you crank out, biceps development can be severely limited by weaknesses in your elbows and forearms. This move hits your brachioradialis (forearm muscle) to remedy it. Hold an EZ bar with palms facing down and your arms flat across the preacher bench (**A**). Curl the bar to your collarbones (**B**) and hold for a moment at the top. Your biceps will appreciate the support.



INNER MIGHT

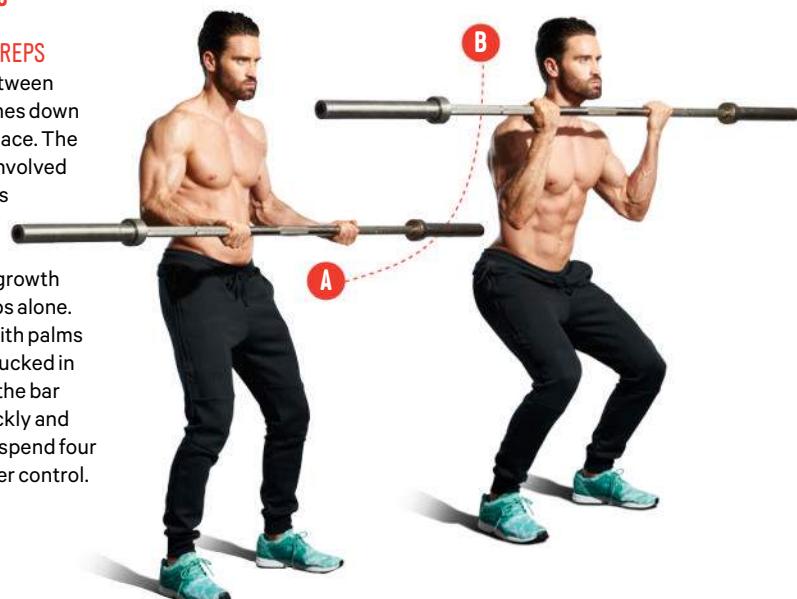
It may not look like an abs move, but fighting to keep your glutes on the seat is core torture



16 \ PLYOMETRIC CURL

YOUR RDA: 5 SETS OF 5 REPS

Sometimes the line between 'fine' and 'defined' comes down to a simple change in pace. The explosive movement involved in plyometric curls fires up your fast-twitch muscle fibres, which triggers more muscle growth than steady-paced reps alone. Grab an Olympic bar with palms facing up and elbows tucked in to your sides (A). Curl the bar toward your chest quickly and aggressively (B), then spend four seconds lowering under control.

**17 \ OLYMPIC BAR WRIST EXTENSION**

YOUR RDA: 3 SETS OF 20 REPS

This subtle move isn't one for show-boating, but don't skip it. It targets the extensor muscles to minimise wrist and elbow injury risk during other moves. Sit on a bench and hold the bar with an overhand grip. Rest your wrists on your knees and let the bar hang (A). Curl the bar as high as possible as you contract your forearms (B), then squeeze for a second before lowering. Use a high rep count to hit the slow-twitch fibres. Once you're familiar with all of these moves, turn over to tackle your first circuit.





YOUR HIIT BULK-UP PLAN

This mass-building routine will wring every drop of effort from your arms, for bigger, leaner results. Rest 10 seconds between sets, 30 seconds between moves and break for two minutes between sets for the 'finisher' pushdowns. If you want to pump out maximum growth hormone, you need to push to exhaustion

START



01 \ STANDING BICEPS CURL
5 SETS OF 6 REPS > P14



02 \ CALIFORNIA PRESS
5 SETS OF 6 REPS > P8



03 \ SUPPORTED ROW
5 SETS OF 8 REPS > P7



04 \ EZ FRENCH PRESS
5 SETS OF 8 REPS > P12



05 \ DRAG CURL
5 SETS OF 12 REPS > P13



06 \ EZ SKULL CRUSHER
5 SETS OF 12 REPS > P14



07 \ EZ REVERSE PREACHER CURL
5 SETS OF 15 REPS > P16



08 \ EZ CABLE PUSHDOWN
5 SETS OF 15 REPS > P11

END

GET A GRIP ON YOUR PERFORMANCE

Work the angles to hone both parts of your biceps to a far greater degree



WIDE

This concentrates the work on the short head of the biceps – the portion on the inside of your arm – for arms that appear thicker face-on.



NARROW

Shift your hands in (no more than 2in in from shoulder width) to shift the emphasis to the long head of the bicep, developing the coveted ‘peaked’ appearance.



OVERHAND

Facing your palm down brings the forearms into play and targets the long head of the biceps. It uses your shoulder joint as a stabiliser too. Not bad.

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18 \ PARALLEL BAR DIP

YOUR RDA: 3 SETS OF 6 REPS

Dips hit all three heads of the triceps while your biceps act as stabilisers. Use bars if you have them, chairs if you don't, and take hold with palms facing inward. Keeping your arms locked out, let them take your weight as you cross your feet behind you, then slowly lower your body until your elbows form a 90-degree angle (A). Keep them tucked in for the full effect. Exhale as you push up explosively to extend your arms (B).



THE TRAINER



SCOTT LAIDLER A fitness columnist and renowned strength coach, Laidler knows your body is your best weapon when it comes to building bigger guns.

CONTACT @Scott_Laidler

**19 \ TRICEPS BENCH DIP**

YOUR RDA: 3 SETS OF 12 REPS

Done correctly, this beginner's move can produce impressive results, targeting the long head of the triceps for rapid gains in size. Position your hands on the bench shoulder-width apart and stretch your legs out in front of you. Straighten your arms to take the strain of your bodyweight (A), then slowly lower your glutes toward the floor by bending your elbows. At the bottom of the move, squeeze your triceps (B) and push back to the start.

20 \ ACTIVE PLANK

YOUR RDA: 2 SETS OF 30SEC

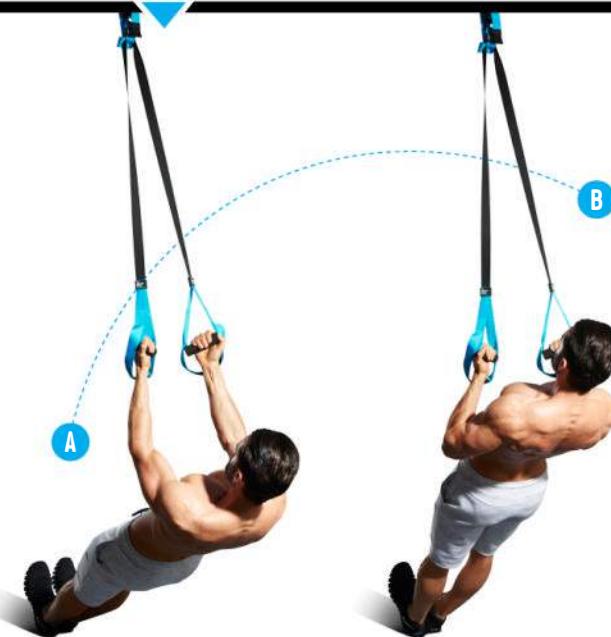
Set up in a plank position with your arms bent and weight resting on your forearms. Your body should be straight from head to heels (A). Place your right hand flat and push off so your arm is fully extended, then take the strain of your upper body on your supporting arm as you extend your left arm and place your left hand flat (B). Reverse the process to return to the bent arm plank position, and repeat. You'll hit your arms from all angles as they hold your shifting mass.



21 \ TRX BICEPS CURL

YOUR RDA: 3 SETS OF 12 REPS

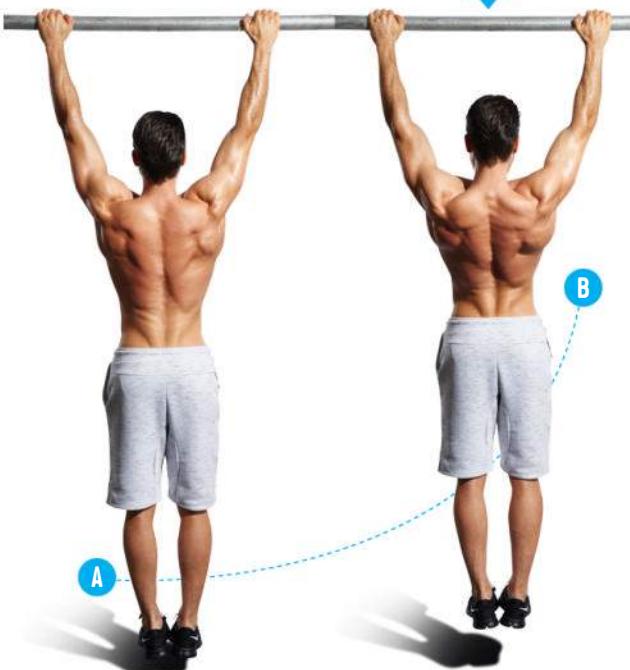
Face the anchor point and grab the TRX with an underhand grip. Gently lean backward until your arms are fully extended, allowing the straps to take your weight (A). Bracing your core and keeping your shoulders drawn back, pull your body up by squeezing your biceps and bending at the elbows (B). Now slowly return, keeping your arms under tension. You will target the lower part of your biceps (the brachialis) while working your core to boot.

**22** \ STANDARD CHIN-UP

YOUR RDA: 3 SETS OF 6 REPS

Chin-ups primarily hit your upper back, but with the biceps heavily involved and the triceps acting as stabilisers, you'll get plenty of bang for your buck. Take hold of the bar with palms facing you, hands shoulder-width apart (A). Now pull yourself up until your chin is above the bar (fight the urge to stretch your neck) and hold for a moment, squeezing your lats and arms (B). Lower yourself until your arms are fully extended, then take a deep breath and go again.





23 \ SWAYING DEAD HANG

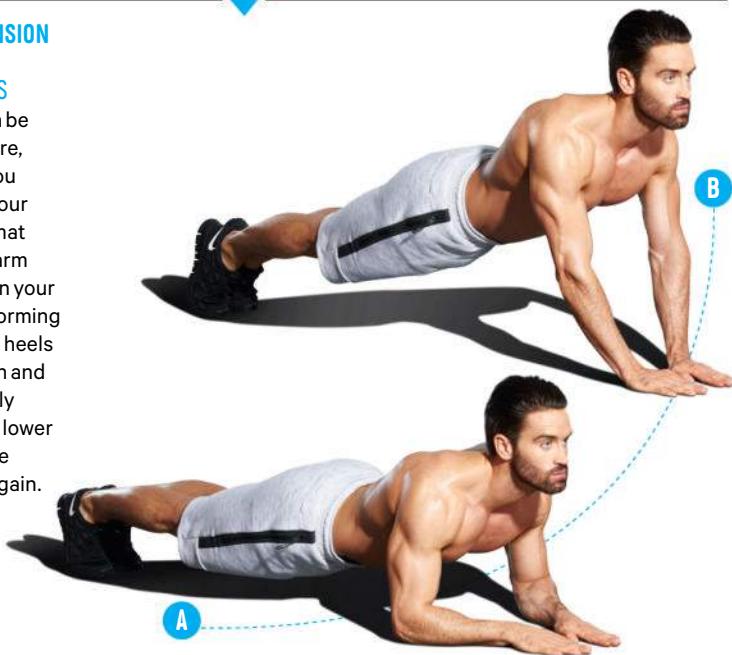
YOUR RDA: 3 SETS OF 20SEC

This move will help you develop serious grip strength. Supporting your whole bodyweight in a dead hang for any length of time puts considerable strain on your forearm flexors. Step underneath a high parallel bar, then jump up to take hold with an overhand grip (A). Once you can hold on for 30 seconds, add progressions to make things tougher; just swaying from side to side (B) will put added pressure on your arms. Hang in there, buddy.

24 \ TRICEPS EXTENSION FROM PLANK

YOUR RDA: 3 SETS OF 8 REPS

This 2 in 1 combo move can be performed almost anywhere, simultaneously building you solid triceps, carving out your core and livening up your mat sessions. Set up in a bent-arm plank position by resting on your forearms, with your body forming a straight line from head to heels (A). Press your palms down and squeeze your triceps to fully extend your arms (B), then lower under control so that you're resting on your forearms again.



25 \ RESISTANCE BAND HAMMER CURL

YOUR RDA: 3 SETS OF 12 REPS

Stand over the middle part of a resistance band, gripping the handles with your palms facing each other (A). Keeping your elbows tucked into your body, curl the handles toward your shoulders by squeezing your biceps (B). Pause for a second before lowering to the starting position. The use of a band increases time under tension, stimulating the upper head of the biceps for greater muscle separation from your delts.

**26 \ TOWEL ASSISTED CHIN-UP**

YOUR RDA: 3 SETS OF 6 REPS

Don't use your best towel for this one. Hook it over the top of a parallel bar and take hold of each end with a firm grip (A). Pull yourself up until your forehead is level with the bar (B), squeeze your biceps at the top of the move, then lower yourself until your arms are fully extended. The towel places extra demands on your grip strength. Helpfully, it also gives you something to mop your brow with afterward.





27 \ NEGATIVE CHIN UP

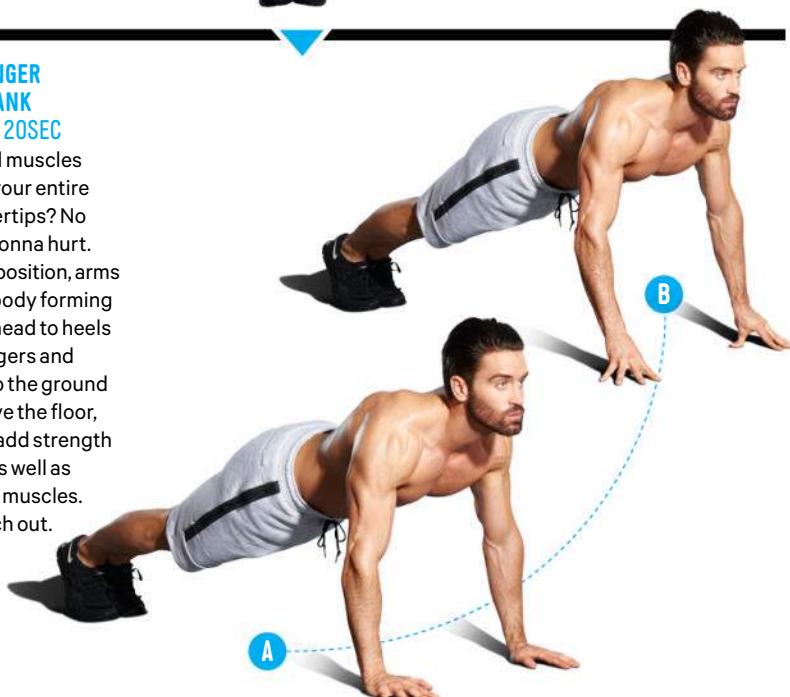
YOUR RDA: 2 SETS OF 6 REPS

Perform this move when you're exhausted from traditional chin-ups. You'll maximise time under tension, wresting some additional gains from your bodyweight workout without strangling your motivation. Stand on a chair underneath the pull-up bar then grab the bar with palms facing you and tense your biceps (A). Step off and lower yourself under control until your arms are fully outstretched (B). Release, and go again.

28 \ FIVE-FINGER HIGH PLANK

YOUR RDA: 2 SETS OF 20SEC

Engaging neglected muscles is tough, but lifting your entire body with your fingertips? No surprises here; it's gonna hurt. Set up in a press-up position, arms fully extended and body forming a straight line from head to heels (A). Spread your fingers and press them hard into the ground until your palms leave the floor, then hold (B). You'll add strength to your wrist joints as well as the individual finger muscles. Shaolin monks, watch out.



29 \ TRX TRICEPS EXTENSION

YOUR RDA: 3 SETS OF 12 REPS

Set up the TRX cables at around shoulder height and take hold of the handles with palms facing downward. Keeping your body straight, lean forward until your body is at 45 degrees to the floor, allowing your elbows to bend so that the handles sit just below your head with palms facing up (A). Squeeze your triceps to extend your arms until you can see your hands (B), then lower under control. You'll hit the whole triceps along with a range of stabilising muscles in your back.





30 \ SHADOW BOXING

YOUR RDA: 3 SETS OF 60SEC

Channel Anthony Joshua for heavyweight muscle growth. The constant acceleration and deceleration involved in fast punching is taxing on your bis and tris; the triceps in particular provide the force behind any successful KO blow. Keep your arms high in a guard position (A) to place extra strain on your delts, and throw yourself into some one-minute rounds of alternating right and left jabs and uppercuts for an extra cardio blast (B).

31 \ STATIC SEATED CONTRACTION

YOUR RDA: 5 SETS OF 15SEC

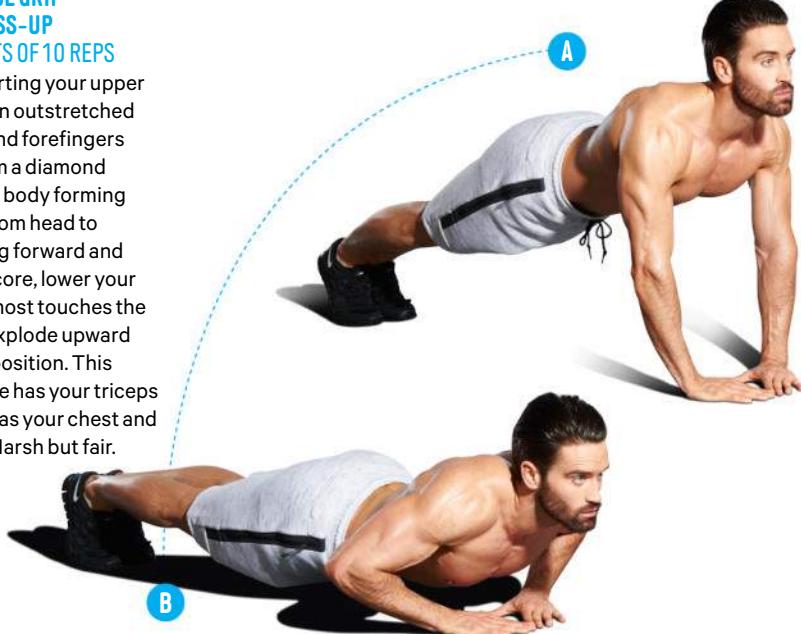
Building muscle at your desk just by tensing? Science says you can. Squeeze your biceps as hard as possible and hold them at maximal contraction for 5-10 seconds (A). Avoid eye contact with colleagues, lock out your elbows and do the same thing with your triceps (B). Your muscle fibres will react to this new stimulus by growing. Don't cancel tonight's workout just yet though – contractions still work best with free weights.



32 \ CLOSE GRIP PRESS-UP

YOUR RDA: 3 SETS OF 10 REPS

Begin by supporting your upper body's weight on outstretched arms, thumbs and forefingers touching to form a diamond shape, and your body forming a straight line from head to heels (A). Facing forward and engaging your core, lower your chest until it almost touches the floor (B), then explode upward to the starting position. This compound move has your triceps covered as well as your chest and front deltoids. Harsh but fair.

**33 \ PARALLEL BAR L-SIT LEVER**

YOUR RDA: 2 SETS OF 10SEC

Don't get us wrong, there are easier ways to target your triceps, but the strength required for this move guarantees considerable muscle activation. If you don't have bars, set up two boxes shoulder-width apart and sit yourself between them, placing a hand on each (A). Straighten your arms and pull down your shoulders to lift your backside and kick your legs straight out in front of you (B). Hold. Hold. Hold. And don't forget to breathe.





THE LUNCHBREAK BLAST

Squeeze this workout into your nine-to-five and forget the free weights queue. It builds strength and endurance, with a dash of cardio for good measure, taking inches off your waist and adding them to your biceps. Rest 90 seconds after each superset, then 60 seconds between sets for the rest of the session

START



SUPERSET



01A \ CHIN-UP
3 SETS TO FAILURE > P25

01B \ BENCH DIP
3 SETS TO FAILURE > P24



SUPERSET



02A \ PARALLEL BAR DIP
3 SETS TO FAILURE > P23

02B \ BENCH DIP
3 SETS TO FAILURE > P24



03 \ CLOSE-GRIP PRESS-UP
4 SETS OF 12 REPS > P31



04 \ TRX BICEPS CURL
4 SETS OF 60 SECONDS > P25



05 \ ACTIVE PLANK
2 SETS OF 60 SECONDS > P28



06 \ SHADOW BOXING
3 SETS OF TWO MINUTES > P30

END

JOIN THE RESISTANCE

Sling a band in your bag and take your sleeve-straining workouts with you

By swapping heavy metal for resistance bands, you'll maintain constant tension in your arms throughout strength exercises, recruiting more muscle fibres and accelerating lean growth. Bands also allow you to train for

performance in sports and athletics, without the risk of putting your back out or damaging your wrist joints. Plus you can pack one when travelling to turn any hotel room into your personal gym.



HOW TO DO IT

Mimic the moves you'd do in a weights room for an added stimulus to the muscle fibres in your arm, or perform at the end of a barbell routine to ensure total burnout.



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YOUR FREE AGENTS

Unlike the barbell, dumbbells and kettlebells work each arm independently for better balanced strength. The instability of free weights gets more muscle fibres firing, meaning quicker gains and greater athleticism



34 \ HAMMER CURL

YOUR RDA: 3 SETS OF 10 REPS

This bodybuilder's favourite hits your brachialis – the muscle that runs along the outside of your biceps – to add cover-model shape and definition. Grab a pair of dumbbells and stand straight with your back to a wall to isolate the joint movement (A). With palms facing inward, curl the weights toward your shoulders and squeeze for a second at the move's peak (B). Lower your arms slowly to return to a dead hang. Keep hammering it for Instagram-ready results.



THE TRAINER

FAISAL ABDALLA One of Barry's Bootcamp's leading PTs and a Nike Master Trainer, Abdalla is not a man to be denied. Follow his lead to become vest-ready.

CONTACT @f_fizzle

35 \ INCLINE BENCH T-CURL

YOUR RDA: 3 SETS OF 10 REPS

A favourite of powerlifting legend CT Fletcher, the T-curl targets the inside of the biceps for thicker arms. Lie on an incline bench with a dumbbell in each hand, arms out and angled away from the body, palms facing up and elbows bent slightly (A).

As you curl the weights toward your shoulders, twist your wrists so your palms face forward at the top of the move with the weights either side of your head to form a T shape with your body (B) – the T standing for ‘total power’.

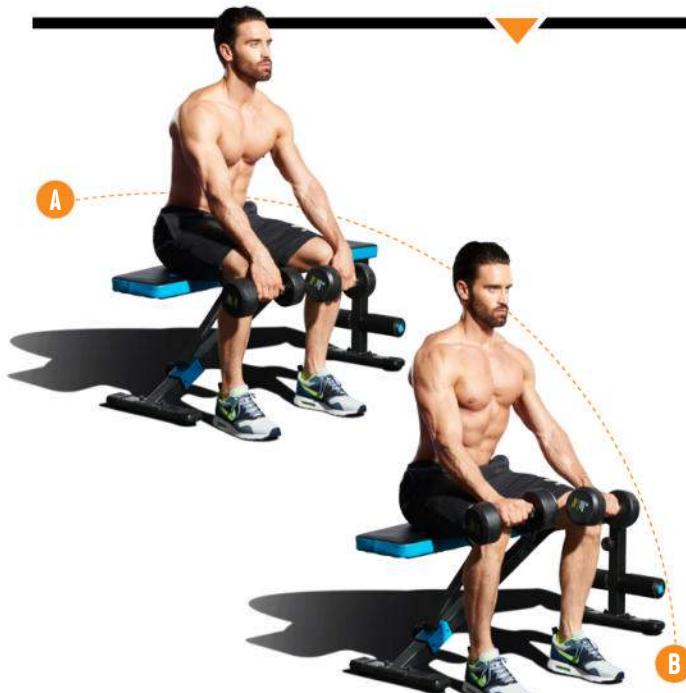
FULLY FLEXED

Splicing regular curls with hammer curls hits your lats, building you a V-shape on the side



B





36 \ PALMS-DOWN WRIST CURL

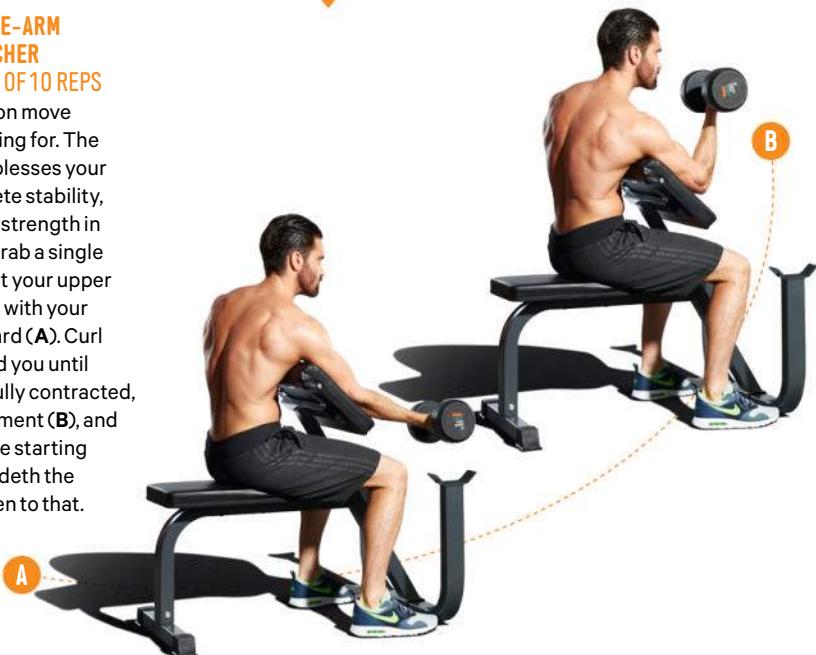
YOUR RDA: 3 SETS OF 20 REPS

This forearm blaster works your lower arms' extensor muscles for stronger, injury-averse wrists. While sitting on a bench with a light dumbbell in each hand, set your wrists against your knees with your palms downward (A). Curl the dumbbells as high as possible using just your wrists as you contract your forearms (B), squeezing for a second before lowering again. The movement might look small yet the benefit is anything but. And as they say: no wrist, no reward. Ahem.

37 \ SINGLE-ARM PREACHER

YOUR RDA: 3 SETS OF 10 REPS

This is the isolation move you've been praying for. The preacher bench blesses your arms with complete stability, adding mass and strength in equal measure. Grab a single dumbbell and rest your upper arm on the bench with your palm facing upward (A). Curl the weight toward you until your biceps are fully contracted, squeeze for a moment (B), and lower slowly to the starting position. Here endeth the punishment. Amen to that.



38 \ KETTLEBELL BICEPS CURL

YOUR RDA: 3 SETS OF 10 REPS

If you thought kettlebells were only for swinging, it's time to arm yourself with this gym-floor secret. When you perform curls with kettlebells, your biceps have to work harder to react to their changing centre of gravity, while the kettlebells' shape demands more of your forearms and grip strength. Stand up straight with a weight in each hand by your sides (A) and simultaneously curl the kettlebells toward your shoulders so your palms end up facing you (B). Then lower slowly.

**39 \ DECLINE DUMBBELL SKULLCRUSHER**

YOUR RDA: 3 SETS OF 10 REPS

Dumbbells add instability and fire your stabiliser muscles, while the decline increases the range of motion. Lie with two dumbbells directly overhead, palms facing each other (A). Lower the weights to your ears by bending at the elbows (B), then squeeze your triceps to extend your arms again.

40 \ INCLINE CURL

YOUR RDA: 3 SETS OF 10 REPS

Sit on a 45-degree bench with dumbbells hanging by your sides (A). Beware: this position isolates the biceps and prevents other muscles from sharing the load. To work the insides of your arms, turn your wrists out slightly and curl the weights up toward your shoulders until your biceps contract fully (B).



41 \ OVERHEAD TRICEPS PRESS

YOUR RDA: 3 SETS OF 10 REPS

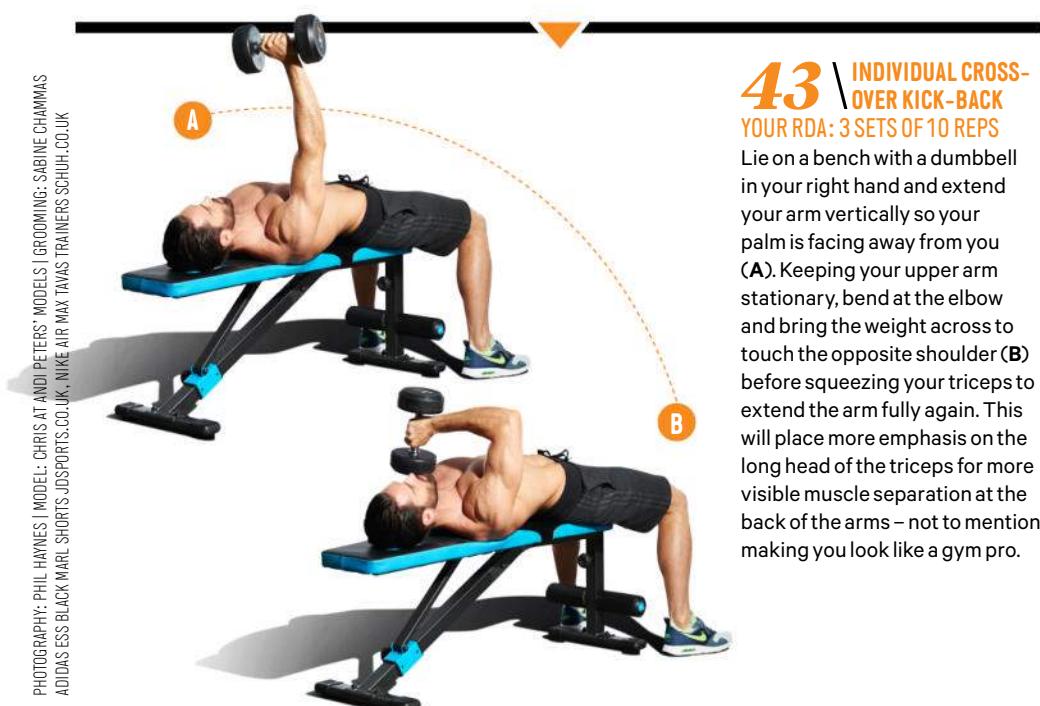
This move builds arm strength and adds stability to your shoulders and elbows. Wrap both hands around a single dumbbell and hold it behind your head at shoulder height. Flare out your elbows (A) and bring them in to your ears as you extend your arms above you (B). Return down the same path.



42 \ INDIVIDUAL CONCENTRATION CURL

YOUR RDA: 3 SETS OF 10 REPS

Sitting on a bench, grab a single dumbbell and, with the weight in your right hand, lean forward to rest your arm against your inner thigh (A). Curl up to your chest by bending at the elbow (B). This isolates the arm flexors and hits the lateral head of the biceps for peak performance (and appearance).



43 \ INDIVIDUAL CROSS-OVER KICK-BACK

YOUR RDA: 3 SETS OF 10 REPS

Lie on a bench with a dumbbell in your right hand and extend your arm vertically so your palm is facing away from you (A). Keeping your upper arm stationary, bend at the elbow and bring the weight across to touch the opposite shoulder (B) before squeezing your triceps to extend the arm fully again. This will place more emphasis on the long head of the triceps for more visible muscle separation at the back of the arms – not to mention making you look like a gym pro.

44 \ PALMS-UP WRIST CURL

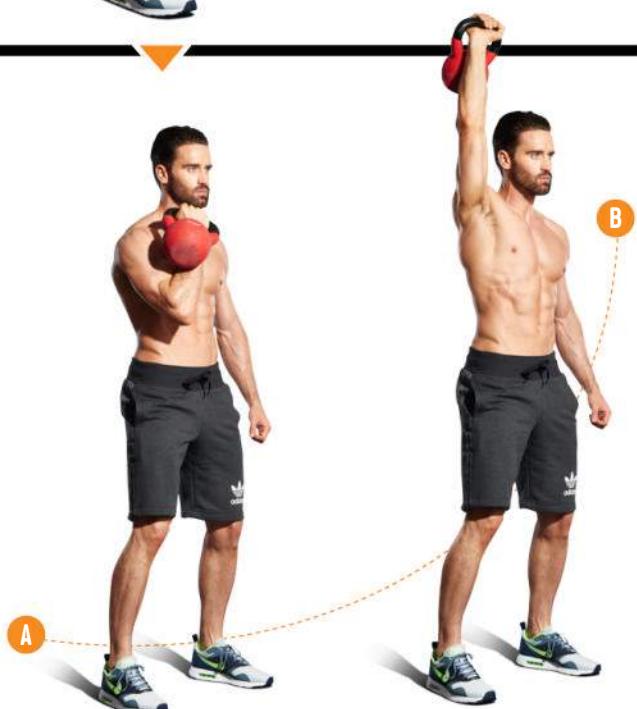
YOUR RDA: 3 SETS OF 20 REPS

Your forearms will be on display long after your beach body has gone back into hiding, so give them due care. Holding a pair of light dumbbells and perching on the edge of a bench, rest your forearms on your thighs and hold the weights out with your palms facing up. Bend at the wrist to take the dumbbells' weight on your fingers (A) and squeeze your forearms to curl your wrists back to the starting position (B). Your grip strength will be much improved come deadlift day.

**45** \ SINGLE-ARM KETTLEBELL PRESS

YOUR RDA: 3 SETS OF 10 REPS

The shape of the kettlebell makes it your friend with benefits during the single-arm press. With the weight of the kettlebell resting on the back of your arm, you'll work the rotator cuff in your shoulder as it attempts to stabilise the movement, as well as your delts and triceps. Begin by holding the kettlebell at shoulder height with your palm facing toward you (A), then extend your arm upward above you, keeping the rest of your body braced for balance (B).



46 \ BENT OVER ONE-ARM TRICEPS EXTENSION

YOUR RDA: 3 SETS OF 10 REPS

This move is aimed squarely at the medial and lateral heads of your triceps for extreme definition and muscle separation above the elbow. Sit on the end of a bench holding a dumbbell in your right hand and lean forward (A). With your palm facing in to your body and keeping your core braced, extend your arm out behind you until it's parallel with the floor (B). Keep your triceps under tension as you lower the arm back to its starting position for maximum pain and gain.

BIG KICKER

While your triceps bring the power, this dynamic movement ups the strength and size of your shoulders





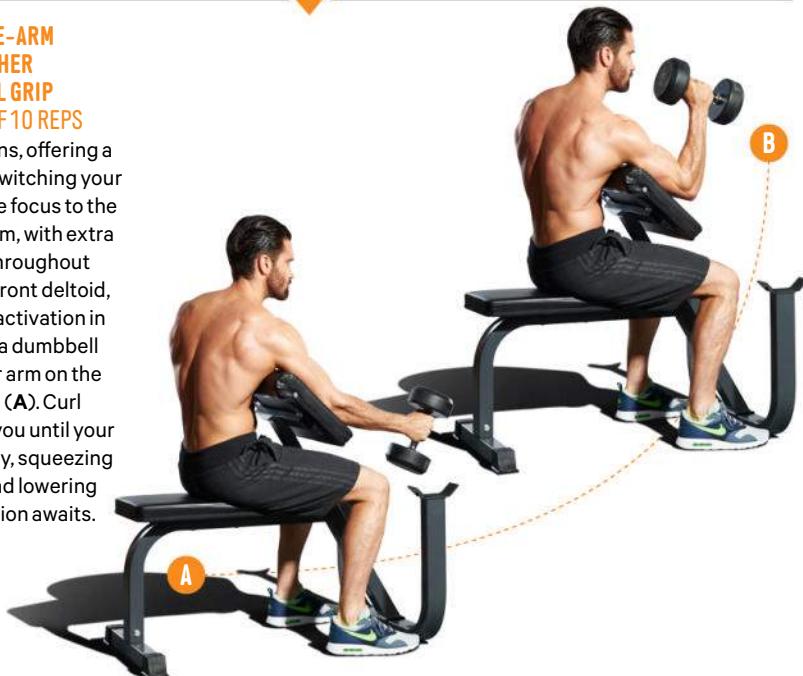
47 \ ZOTTMAN CURL

YOUR RDA: 3 SETS OF 10 REPS

This old-school move doubles your pay-off: you'll hit both the front head of the biceps as well as the forearm's key-yet-neglected brachioradialis muscle (say that aloud if your tongue also needs a workout). Standing with two dumbbells hanging by your sides, elbows tucked into your body, curl the weights up toward your shoulders (A). At the top of the move, spin your wrists around so your palms face forward and then slowly drop the weights back to your sides (B).

48 \ SINGLE-ARM PREACHER CURL WITH NEUTRAL GRIP YOUR RDA: 3 SETS OF 10 REPS

The preacher returns, offering a righteous path by switching your grip and shifting the focus to the upper parts your arm, with extra stability required throughout your shoulder and front deltoid, and added muscle activation in the forearms. Grab a dumbbell and rest your upper arm on the bench, palm inward (A). Curl the weight toward you until your biceps contract fully, squeezing momentarily (B), and lowering again slowly. Salvation awaits.



49 \ FLAT BENCH BICEPS CURL YOUR RDA: 3 SETS OF 10 REPS

Get yourself horizontal on a flat bench and hold a pair of dumbbells beside you in a supine grip – palms up (A). Curl the weights toward your shoulders, squeezing your biceps at the top of the move (B). Lower the weights slowly, letting them rest on the floor for a second before hitting the next rep. The isolation of the biceps makes this move great for adding the sort of shape and definition that's most appreciated by partners during other horizontal moments.





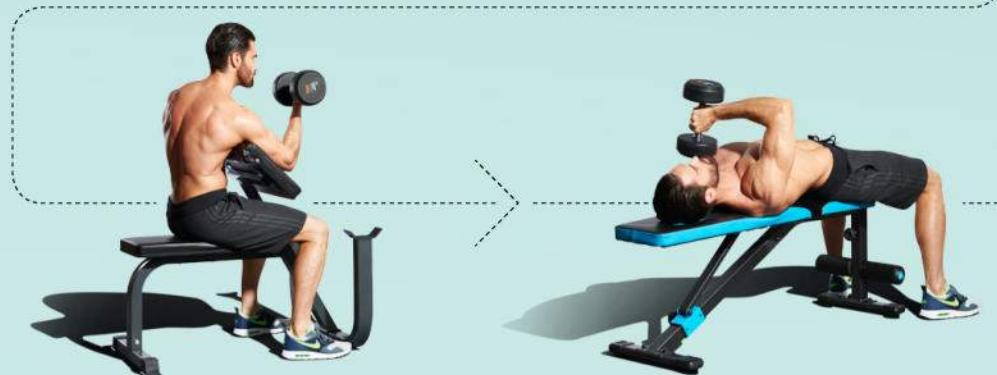
THE 150-REP CHALLENGE

Battle through three sets of this tough circuit to target weak spots and build strength as well as size. The ‘pulses’ ensure total burnout of the muscles – think of it as a 10% partial rep from midway through the range of motion. Do them after your full reps; don’t rest between moves, but break for a minute at the end



01 \ INCLINE CURL
10 REPS / 10 PULSES > P38

02 \ FLAT BENCH BICEPS CURL
10 REPS / 10 PULSES > P43



03 \ PREACHER CURL
10 PER ARM / 10 PULSES > P37

04 \ CROSSOVER KICK-BACK
20 REPS PER ARM > P39



05 \ DECLINE SKULLCRUSHER

10 REPS / 10 PULSES > P39

06 \ ONE-ARM TRICEPS EXTENSION

10 REPS EACH ARM > P41



END

07 \ ZOTTMAN 10 REPS / 10 PULSES > P42

08 \ PALMS-DOWN WRIST CURL 15 REPS > P37

09 \ PALMS-UP WRIST CURL 15 REPS > P40

BECOME PARTIAL TO GROWTH

When you hit a plateau in your training, try resorting to half measures

If you're just starting out in the weights room, working with a full range of motion (ROM) is crucial to avoiding imbalances. But if you're a gym regular, your body reacts to the new stimulus of partial reps by firing more

muscle fibres. When you're not moving all the way, you can overload the muscles; this tricks your nervous system into thinking it's stronger, so you make greater progress when you go back to full reps.



HOW TO DO IT

Partial reps tend to involve the top quarter of your ROM. For curls, load up with 100-130% of your max and keep your forearms within 50 degrees of your chest as you rep away.

THE FINAL HURDLE

Move #50 takes aim at your arms like no other. The archer pull-up targets the biceps, while also hitting your forearms, shoulders and back for a perfect score

01\ PICK YOUR SPOT

Find a ledge or bar and grab hold. Start in a deadhang, hands just wider than shoulders. Draw your shoulder blades together and down to engage your lats: losing the support of your back will cause you to miss crucial reps.

03\ FIRE AT WILL

Finally, squeeze your left bicep at the top, before lowering. Keep your lats engaged at the bottom. Now pull up to your right side. Try to use your support arm as little as possible. Knock out 12 reps and you can consider that a bullseye.

02\ DRAW THE BOW

Pull with your back first, pinching your shoulder blades together. As you lift, pull with your left arm to drag yourself to the left. Use your right arm for support and try to get your head as close to your left hand as you can manage.

V FEST

Working your arms, back and shoulders, this is your one-stop, V-shape show-off move



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